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Is that it can be delicious.*

Food, Page 1C



**Park district to use recycling
grant for shredder.**

News, Page 3A

Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS
BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 19, NUMBER 25

WEDNESDAY, MARCH 29, 1995

THIRTY-FIVE CENTS

Opponents jeer McGinness' plan

Activist Joe McGinness of Granite City, left, faced arguments and insults from several township supervisors during a meeting Thursday in which he told them their form of government should be abolished.

The supervisors were part of more than 80 people who packed the meeting room of the Granite City Savings and Loan Association. Latecomers were forced to stand for the 90-minute discussion of McGinness' proposal.

McGinness, Edwardsville Township Supervisor Robert Stille and Southern Illinois University at Edwardsville associate professor Louis Bender, who directs the university's Regional Research and Developmental Services.

"I am not on a head hunt, and this is not a matter of Republican or Democrat, township or county government," McGinness said. "The bottom line has to do with public tax dollars. Are we receiving benefits from the townships that outweigh the costs of township government? I believe it does not."

McGinness has said he wants to begin discussions on the issue then circulate petitions to put banishment of township governments on the 1996 state ballot.

He spearheaded the unsuccessful drive to win voter approval for a Madison County executive in the November 1994 election.

McGinness has his work cut out. The last county to abolish townships was Williamson in



Joe McGinness

1952. The last time a proposal to abolish townships was voted on in an Illinois ballot was in 1988 in Gallatin County. Residents defeated the measure by a 3-1 ratio.

The township form of
(See PLAN, Page 9A)

Those under 21 would be barred

Bill targets taverns

By Bob Slatz
Staff writer

Persons under the age of 21 would be banned from Granite City taverns and other drinking establishments under an ordinance proposed by Mayor Ron Selph this week.

"There have been a couple of instances where the current ordinance has been ineffective. We want to clear that up," Selph said Monday.

State law prohibits persons under 21 from purchasing alcohol.

The city's existing ordinance prohibits persons under 21 from patronizing establishments that sell alcohol. That has been interpreted by some to mean those under the age of 18.

A liquor license hearing last year, for example, it was established that an 18-year-old West

Granite resident charged with murder in connection with the Jan. 5, 1994, stabbing death of John Heuer in Granite City had been in a West Granite tavern on the night of the murder.

But because the city's current ordinance only prohibits "minors" from patronizing bars, there was no liquor license violation.

Selph said that persons under 21 have been found patronizing taverns on other occasions, but that they have sold in their homes that they were drinking and playing pool or darts. He said it is difficult in those instances for police to prove that they were in fact drinking illegally.

If approved, the new ordinance, which was on the City Council agenda for Tuesday night, would make it illegal for those who hold liquor licenses to

allow persons under 21 to patronize their establishments.

Under the terms of the ordinance, exceptions would be made for restaurants and other licensed establishments that are not primarily in the business of serving alcohol, for not-for-profit charitable organizations; and for facilities that are rented for private special events, such as wedding receptions.

The ordinance also makes it illegal for under-age persons to remain on licensed premises, with the exception of those accompanied by their parent or legal guardian.

The ordinance would also require licensees to post a sign stating: "Warning to all persons under 21 years of age: You are subject to a \$500 fine if you are in these premises with your parent or legal guardian."

Newsworthy

Schools use paper for information

By Scott Cousins
Staff writer

Cynthia Hormel is always looking for a good story in the paper — and the paper she looks in is usually the *Journal*.

Hormel, the coordinator for the Gifted Children's program in the Granite City School District, cuts articles from the newspaper to document progress on in the community as part of the district's school improvement plan. She clips stories on a weekly basis and then sends copies of the stories to the schools.

Hormel started clipping at the beginning of the school year.

She is not only interested in stories directly relating to the school district, but also anything that affects the students, such as jobs or the environment. "It's a good job of keeping people informed," she said.

"Any event that happens in the community should be documented, and the newspaper does a wonderful job of that," she said. "It's also a good way to let the community know what is going on in the school system."

Most recently, Hormel said she enjoyed pictures of Marshall School principal Vicki Roiger kissing a small pig. Roiger had told students that she would kiss the pig if students improved their grades.

"We had a good time with that down here," she said.

Hormel says she the number of articles she clips depends on content.

"It varies from week to week," she said. "It depends on what is going on."



(Staff photo by PAM DOEPKE-HURD)

Cindy Hormel, the Gifted Children's program coordinator for Unit 9 School District, cuts out an article from the *Granite City Journal*.

Ex-workers seeking pay

By Bob Slatz
Staff writer

Two former city employees say they are entitled to thousands of dollars of back pay.

But the city contends that the women, former members of American Federation of State, County and Municipal Employees (AFSCME), are not entitled to back pay because they were no longer members of the bargaining unit when a contract approving retroactive pay was ratified.

Mary Parker, a former police dispatcher, worked for the city for nearly six and a half years before resigning last year. She claims she is entitled to \$3,770 in retroactive pay.

Pam Harbison, a former billing clerk, was employed for a little more than four years before resigning last year. She said she is owed \$2,097.

Both women were on the agenda to speak to the City Council this night.

There are among nine former city employees all members of AFSCME Local 3465, who left city employment during a two and a half year period beginning April 30, 1993, to take white collar union jobs without a contract with the city.

A contract between the city and the union, ratified last year, includes provisions for retroactive pay.

For millions of allergy sufferers, the "ah" is more like an "ah" chomp. Instead of dancing in the daffodil, the allergy sufferer is tangled with tissues and coping as best he can with a host of unpleasant symptoms.

Sneezing, itching, congestion and watery eyes can put a real dampener on spring fever.

Mold and pollen are the biggest problems for inhaled allergy sufferers, says Dr. Barry Zeffren of Asthma and Allergy Care Ltd. in Edwardsville. Zeffren and his associate, Dr. Andrew Gold, treat a variety of allergic problems.

"Mold is showing itself right now," Zeffren said. "It hits its peak in late spring, from April to May and then shows up again in the fall, about August through October."

Tree pollen can cause as much misery from March to June, after which they usually relent.

"Oak (pollen) is usually the biggest culprit," Zeffren said.

But juniper and elm — which flowered ahead of schedule this year — can be just as unfriendly to the allergy sufferer.

And as if those weren't bad enough, that bothersome green grass becomes problematic in May.

"The grasses start pollinating in May and that usually goes on through June or into early July," Zeffren said.

But grasses are not. There are some simple steps that can help curb those dreaded allergies.

One of the key ways to reduce problems is to limit contact with the outside allergens.

"Run your air-conditioner," Zeffren said.

"Close your windows, even on those nice spring days."

For those who must go who insist on working outdoors, Zeffren said wearing a mask can help.

And while over-the-counter drugs aren't a panacea for allergies, they can limit the suffering.

"There are some good over-the-counter products," Zeffren said. "As long as (a person) doesn't have any medical reason not to use them, such as high blood pressure or glaucoma, they may work out just fine."

One exception, Zeffren says, even if the label says the drug is a "mild-mild," formula, is to avoid driving or operating heavy machinery.

"If you're working at, say, Granite City Steel or driving a big truck, you have to be very cautious with over-the-counter

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Deaths

John Wittick
George Justice
Carroll Hudson

Coming Thursday
People: Profiles of candidates in municipal elections.

Spring allergies popping out

Glorious season is the suffering season for many

By Nicole Vaughn
Staff writer

Ah, glorious spring with its long sunny days and mild, pleasant evenings has finally arrived. So, too, have spring allergies.

For millions of allergy sufferers, the "ah" is more like an "ah" chomp. Instead of dancing in the daffodil, the allergy sufferer is tangled with tissues and coping as best he can with a host of unpleasant symptoms.

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(See ALLERGIES, Page 9A)

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Daylight-saving time to begin
Daylight-saving time is about to begin.
Across the country, people will turn clocks ahead one hour at 2 a.m. Sunday, April 3, (or before they go to bed on Saturday.)
Fire officials also urge residents to use this time as a reminder to check batteries in smoke detectors.



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LOCAL NEWS

Death row inmates are exhausting their appeals

Many Illinois death row inmates are exhausting their appeals, and a dozen more, including a man convicted of murdering a former Granite City resident, could be executed each year before too long. "We are going to have executions faster and more frequently until the death row is depleted, because these cases are all moving," said Marshall J. Hartman, deputy director of the Illinois Office of Resource Control, a branch of the state appellate defender's office.

There probably will be one execution a month in a year or so, he said.

Attorney General's Office spokesman Dan Curry agreed that a dozen or more executions might be coming due annually within a year.

James Free, 41, and Hernandez Williams, 40, were executed by lethal injection early Wednesday at Stateville Correctional Center for unrelated sex murders almost 17 years ago. Four

inmates have been executed in Illinois since the death penalty was reinstated in 1973. Gines Davis, 37, is scheduled to be executed May 17 for the robbery-related murder of 89-year-old Esther Seemeyer of rural Elizabethtown in 1978.

Davis, who also was convicted of three other murders, has exhausted all appeals.

He is one of the state's 183 death row inmates. Another is Lloyd Wayne Hampton, who was convicted of murdering an elderly former Granite City man in 1978.

The Illinois Supreme Court Thursday set a new execution date for Hampton, who came within hours of going to the death house at Stateville in November 1992.

The high court upheld the dismissal of Hampton's post-conviction appeal, setting a new execution date of Sept. 27.

After pleading guilty to the robbery and stabbing murder of "Roy" Jasper Pendleton, Ham-

pton repeatedly insisted he wanted to be executed as quickly as possible and encouraged efforts by others to pursue appeals.

But less than five hours before the execution scheduled for 12:01 a.m. midnight Nov. 11, 1992, Hampton changed his mind after talking with his sister. The Illinois Supreme Court granted a stay, allowing him to pursue appeals.

Assistant Attorney General Larissa Anderson said Thursday the new execution date probably would be rescheduled for four or five years if Hampton continues pursuing appeals at the federal court level.

"I think he has the will to live now," she said.

Hampton's attorney, deputy state appellate defender Charles Schiedel, could not be reached for comment.

Monroe County State's Attorney William Haine said the high court ruling is good news.

"He was only murdered but tortured and starved, and he meets the requirement of the statute for the death penalty and we should get on with it."

But Haine said he expects Hampton to exhaust appeals to day execution. "He is not only cruel and heartless but infatuated with himself, and as long as he can get nothing, I think he will continue to oppose imposition of the death penalty."

Haine said before he headed to Joliet to witness the scheduled 1992 execution, he had a feeling Haine would change his mind about wanting to die.

The Supreme Court agreed with Madison County Circuit Judge Edward Ferguson that Hartman, a drifter from Texas, was not entitled to a new trial on the grounds he had not been told he could be sentenced to life in prison when he pleaded guilty.

Hartman, 41, of the St. Elizabeth Medical Center with a gunshot wound to the right leg.

Anthony Bocchicchio, special agent in charge of the DEA's Midwest Field Division in St. Louis, said an agent from the DEA's St. Louis office was injured during the fatal shooting exercise Thursday afternoon. The agent's name was not released.

During a tactical shooting exercise, Bocchicchio said agents train in a more realistic manner than normal range firing. Because it is more realistic, it is also more dangerous.

Part of the exercise includes running to various shooting points. Bocchicchio said the accident occurred when the agent was holstering his weapon before running to another location.

"We don't allow people to run during training exercises with their weapons out," Bocchicchio said.

He said the agent was holstering his 9mm weapon during the exercise when he disengaged the strap from the hilt/holster part of his right calf.

Bocchicchio said the agent may have forgotten to unlock the weapon, and the holster's strap might have been loose.

"We're testing the weapon and holster to make sure there are no problems," he said.

Bocchicchio said the agent was lucky and injuries were not more extensive. One reason was the type of ammunition he was using.

During training, Bocchicchio said they use ball ammunition. That is the solid lead bullet used by the military. In the field, he said most agents use hollow-point ammunition, which causes more extensive damage.

The firing range is run by the City Police Department, and is used by both military and civilian law enforcement agencies.

— From the Alton Telegraph

By Scott Cousins
Staff writer

An agent with the Drug Enforcement Agency was injured in a firing range accident at the Charles Melvin Price Center.

The agent spent the night at St. Elizabeth Medical Center with a gunshot wound to the right leg.

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America's Best Community Newspapers



(Staff photo by SCOTT COUSINS)

Garage fire — Venice firefighters hose down the contents of a garage at the rear of 632 Lincoln Street that was destroyed in a fire Friday afternoon. According to fire department reports, the blaze started as a trash fire that went out of control, spreading to the garage and an adjacent shed, both owned by Rodney Williams.

DEA agent injured in training accident here

By Scott Cousins
Staff writer

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By Scott Cousins
Staff writer

The federal trial of two Granite City residents — among 14 inmates of an alleged drug ring running from Illinois to California — is set to begin May 1 at the U.S. District Court in East St. Louis.

Judge Steven Staggas and his wife, Sherie Lee Staggas, both 37, of the 2800 block of Lincoln Avenue, have been charged with conspiracy to distribute methamphetamine.

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According to U.S

LOCAL NEWS

Debater's success doesn't surprise his former coach

By Scott Cousins
Staff writer

Jason Hall of Granite City is doing well, and Ron Pennell is not surprised.

Hall, a sophomore member of the debate team at Bates College in Lewiston, Maine, was recently named top individual speaker at a tournament at Wellesley College, and is a member of one of two teams representing the school in the national debate championship in April.

Hall was also named the top individual speaker of the 50 students participating in the tournament.

He is a senior graduate of Granite City High School, was a member of that school's debate team for about two years. He is the son of Bruce and Sherry Hall of Granite City.

"I'm not surprised he's doing well in college because he was such a good debater in high school," said Ron Pennell, coach of the Granite City team.

"He was very good," Pennell said. "When we went to the IHSA state tournament, after the



Jason Hall

preliminary round he was the top speaker in the tournament, and he was also a member of the state debate team."

Pennell described Hall as "an extremely good speaker and a hard worker."

"He had very good speaking skills," he said. "He was a smooth speaker, very articulate."

Hall and his partner, Barbara Raths of Staten Island, N.Y., made it to the tournament's final

round, where they were defeated by a team from Yale.

In the British-style parliamentary debate used in the tournament, a different topic is announced for each round and debaters are assigned to speak for or against it, according to Robert Bramham, director of debate and professor of rhetoric at Bates.

Arguing about topics both serious and silly, the two racked up a record of four wins and one loss in the preliminary rounds against teams from Harvard, University and Bates.

Topics included Russia's policy toward Chechnya and Superman's secret identity.

In the semi-final round, Hall and Raths defeated a team from the University of Connecticut, asserting that Mother's Day and Father's Day should be replaced by "parent's Day."

They showing qualified them for the U.S. Parliamentary Debate Championship at Johns Hopkins University in Baltimore, Md., April 21-23. Other Bates teams, the nation's top-ranked debate team, will also compete.

Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservations, 457-2100.

Wednesday, March 29
Swiss steak, parsley potatoes, spinach, wheat bread, peach cobbler.

Thursday, March 30
Chicken patty, potato triangles, Scandinavian vegetables, bun, butterscotch pudding.

Friday, March 31

Vegetable cheese lasagna, cottage cheese and peas, broccoli, wheat bread, oatmeal cookies.

Monday, April 3
Fried chicken, whipped potatoes with gravy, mixed vegetables, wheat bread, strawberry ice cream.

Tuesday, April 4
Ham and beans, creamy cole slaw, corn bread, sliced peaches.

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LOCAL NEWS



Volunteers recognized — St. Elizabeth Medical Center Auxiliary member and volunteer Liz Briggs, right, received two certificates of recognition at the Illinois Hospital and Health Systems Association's annual meeting in Chicago. Sue Kaufman, director of volunteer programs for IHHA, left, presented Briggs, who is currently chairman of the Region 4 Council on Volunteers, with a certificate recognizing the Region 4 hospitals contributing \$2,675 to the state scholarship fund.

SIU to present honorary degree to Barbara Teer

Institute of Communication Through Theatre Arts

The Institute embodies her commitment to revitalizing the Harlem community and broadening opportunities for African-American artists.

International recognition in dance performance, Teer has toured with the Alvin Ailey American Dance Theater, the Duke Ellington Show, the Pearl Bailey Show, Get Aboard the Jazz Train productions, the Louis Johnson Dance Company and the Henry Street Playhouse Dance Company.

Teer's theatrical credits include performances with Agnes DeMille in "Kwamina," in "Where's Daddy?" by William Inge, and in more than a dozen

other productions.

For her work in "Home Movies," in 1965 she was awarded the Vernon Rice Drama Desk Award for outstanding achievement off Broadway. She has also performed in other national theaters and has appeared in a number of television programs, as well as movies.

Teer was born in East St. Louis on June 18, 1937 and received a baccalaureate degree in 1958, in dance education from the University of Illinois in 1957.

She has studied dance in several foreign countries and studied acting at several colleges and universities, as well as the Mary Wright Studio and at the Musical Academy of Dramatic Art.

The honorary Doctor of Humane Letters degree will be presented by Southern Illinois University at Edwardsville to Barbara Teer, an acclaimed artist and dancer, a dance producer for more than 30 years, both on Broadway and internationally.

The award was approved recently by the SIU Board of Trustees and will be presented May 6 at the university's commencement.

The native of East St. Louis, has devoted her life to creating and sharing theater and dance that celebrates African-American culture.

She founded the National Black Theatre Company in Harlem, developed the Black Art Standard, which she continues to teach, and in 1983, developed the National Black

theater and dance company.

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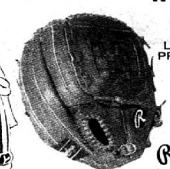
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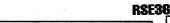
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LOCAL NEWS

Ending elderly's isolation is goal**Group tackles loneliness**

Ending elderly's isolation goal of Partners in Concern. Lending a hand to people in need is itself and so is having an even better goal.

Kay Overath of Godfrey knows that many nursing home residents have few friends or relatives to talk to. That is the reason for her organization, Partners in Concern, is to free the elderly from loneliness.

"The elderly are an isolated people, but they don't have to be," said Overath, president of the organization. "We're looking for things to help the elderly be more fulfilling in their later years. They need to communicate and not just sit in a chair and be isolated."

Even when residents receive optimum care in nursing homes they are still emotionally neglected, Overath said.

"Once people put their loved ones in a nursing home, they think 'Oh, we're taking care of them there.' But they are often emotionally deprived, not because nursing homes intend to, the staff just doesn't have time."

Overath became concerned about the situation when her mother became a resident at D'Adrian Convalescent at Godfrey, with longtime friend, Mary Pat Edmondson, also a D'Adrian resident, made Overath see the need for forming the organization. About 15 people attended the first meeting.

"Mary Pat is very concerned. She sees the need all the time because she's there," Overath said.

Parking lot work OK'd for SIUE

Plans and specifications for the parking lot resurfacing project at Southern Illinois University at Edwardsville were approved recently by the SIU Board of Trustees.

The Executive Committee of the board authorized to award contracts for Phase I of the project, budgeted at \$1,000,000, to perform the work to be completed by the beginning of fall semester. The total project is budgeted at nearly \$2 million.

The project includes resurfacing 10 asphalt parking areas and walkways and roadways in the fan-shaped parking complex on the west side of the campus, constructing new curbing, improving the storm drainage system, installing an emergency telephone system in the parking areas and walkways, widening, sealing and marking pavement, enhancing traffic control and regulatory signage, and applying crack-control sealant. It also includes resurfacing parking areas P6, P7 and P8 and roadways P1 and P2, and installing the emergency telephone system. The project is expected to be completed in three or more phases and will be funded from parking and traffic activity revenues at SIUE.

The project was approved by the SIUE Board on Sept. 3 and by the Illinois Board of Higher Education on Oct. 11. In December, the SIU Board approved the employment of Hurst-Rosche Engineers, Inc., of Hillside, to provide engineering services.

Program aids potential teachers

Nominations are being accepted for the Golden Apple Scholars of Illinois, which rewards high school students who want to become teachers and assist them throughout college and the early years of teaching.

All high school juniors in Illinois are eligible to be nominated for the program by a teacher, counselor or principal.

Created by Golden Apple Award winners, the Golden Apple Scholars of Illinois provides more than 600 hours of classroom experience, additional training, mentoring by a award-winning teacher and financial assistance, if eligible, at one of 21 participating Illinois universities in exchange for a commitment to teach in Illinois for five years after graduation.

Each nominated student must complete a written application and submit three letters of recommendation, transcripts and ACT scores to the Golden Apple Foundation. About 150 applicants are chosen to be interviewed during the fall, and scholars are selected in December.

The deadline for nominations is July 28. Only teachers, counselors and principals may nominate students. To receive a nomination form, call the foundation at 1-312-407-0006.

"The majority of us out here aren't dead yet; we still have a lot to offer," Edmondson said.

She came up with the idea for the group, which will consist of regular visits to nursing homes on a regular basis and simply lend an ear.

Partners in Concern held its first meeting last month and is in the process of soliciting volunteers to get the effort off the ground. Overath said she is enlisting the help of church members and community volunteers. The organization will begin by visiting D'Adrian residents and expand

later to other nursing homes, she said.

Visits from the community don't hold up as well, but Partners in Concern will try to provide more consistent emotional support.

"We're trying to keep something going consistently, not just here today gone tomorrow. It can't be sporadic or you lose that emotional connection," Overath said.

People interested in joining the group may call 466-0153 or 466-9046.

— From the Alton Telegraph

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LOCAL NEWS

Poverty line affects Medicare benefits

By Bill Hunot
Social Security Administration

Last month, the federal government announced an increase in the federal poverty guideline.

Usually, that wouldn't be very good news, but it is welcome news for many people who are on Medicare. Now, more Medicare patients can find extra help with medications from the Qualified Medicare Benefits (QMB) and Specified Low-Income Medicare Benefits (SLMB) programs.

SLMB and SLMB are programs for people who are on Medicare, aren't poor enough for Medicaid, but still need help paying their medical expenses.

The qualifications for QMB and SLMB are based on the U.S. government's idea of who is poor and who is not. QMB is available to people who are below the guideline. SLMB is for people who are just slightly over the poverty level.

This year, a single Medicare beneficiary would qualify for QMB if his income is less than \$643 per month. A couple could qualify if their monthly income is less than \$806. The SLMB income limit is about 10 percent higher: \$705 per month for singles, \$940 per month for couples.

QMB is like a supplemental insurance policy for people on Medicare, except it's free. It pays all the deductibles and copayments associated with Medicare, plus a little extra for medications. So someone on QMB has at least an extra \$46 per month in disposable income because that amount is no longer withheld from Social Security checks to pay for Part B of Medicare. It can save people additional thousands of dollars in annual medical costs, depending on how often they need medical care.

SLMB pays Part B Medicare premiums.

QMB and SLMB also have limits on assets. These are high enough that most people with income below the poverty line will also be below the asset limits.

Currently, the asset limits for both programs are \$4,000 for individuals and \$6,000 for couples. But not all assets count. With the exception of an applicant's car, insurance policies, burial plans, household goods and personal effects, all assets are counted as the asset limits. Regardless of its value, an applicant's home never

Shrine Circus
parade open
to groups

Alma Temple Shriners are inviting area groups, clubs, businesses and organizations to participate in the annual Shrine Circus Parade May 31 in Granite City.

There are two themes for the parade: "Circus Days" and "Child's Play." Prizes will be awarded to the best floats in both commercial and noncommercial categories.

The parade will line up at 6 p.m. and step off from the intersection of State Street and Niedhoffer Avenue at 7:30 p.m.

Anyone interested in participating should contact D.J. Brown at 451-0562 or John Apparition at 451-9749.

Rules of road
course open

Secretary of State George H. Ryan, in cooperation with the Granite City Council of Senior Citizens, is offering a Rules of the Road course to provide all citizens in the Granite City area. This course is free to everyone, any age, who wishes to attend.

The two-hour course is designed to answer questions about the Rules of the Road and to assist participants in preparation for examination. Topics include written, vision and road tests.

The Rules of the Road review course will be held from 9 to 11 a.m. Friday, March 31, at the Granite City Community Center, 2009 Delmar Ave., in Granite City. Pre-registration is not required.

Call 877-4373 for more information.

55-Alive course
offered at GCC

There will be a 55-Alive driving course from 9 a.m. to 1 p.m. April 1 and 2 in room 345 at the Belleville Area College Granite City Campus, 4590 Mayville Road. The cost is \$8 per person.

Most insurance companies offer a discount on their insurance premiums for those who take this course. Participants must be 55 or older to qualify.

counts against the limits, as long as he lives in it.

Also, QMB and SLMB are the same all over the country, only your state government can decide if you're eligible. If you have Medicare and your aunt moves, contact your state social services agency (Family Services in Missouri, Public Aid).

If you're over 65 or disabled, and don't have Medicare, call 1-800-772-1213 and find out how you can get it.

Q. Our uncle just died. Now

our aunt lives alone in the country and we live over 200 miles away. We worry about how she will be able to care for herself and her house. Is there a service available that can look in on her?

A. There may be some help for you: Eldercare Locator. Eldercare Locator is designed to help people like your aunt remain independent in her own home.

It's a nationwide referral service designed to put other people in touch with support services in their communities.

Community services available to your aunt might include counseling, meal delivery, help with household chores and repairs, and transportation.

Eldercare Locator is a public service of the U.S. Department of Health and Human Services with the assistance of the state governments' Agencies on Aging.

For more information call 1-800-677-1116. Address questions to Bill Hunot to West County Publications, 1714 Deer Creek Trail, St. Louis, Mo. 63131.

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Obituaries

John Wittic

John H. Wittic, 80, died Sunday, March 26, in his residence after a long illness. He was born April 1, 1914, in Palmyra, Ill., and was a resident of Granite City.

A riding master who taught at Stables for many years, he was an Army veteran and a tall, thin man.

Survivors include his wife, Alma Garrard and their two sons, both of Granite City.

He was preceded in death by his parents, Guy R. and Anna (Little) Wittic.

Services were held at Werner Chapel for Rev. Dr. John C. Johnson officiating. Interment was at Mayfield Cemetery.

George Justice

George H. Justice, 86, of Indianapolis, Ind., died Monday, March 27, in his son's residence in Granite City. He was born Dec. 1, 1909.

MELH
to meeBy Scott Wuerk
Staff writer

Although plans are still in the works for a massive public high school, the school district is currently expanding its booming enrollment.

Metro East Lutheran School, which is in the shadow of the new high school on Center Road, began construction of a new wing this week. Sigmund Borchard, the school's principal, will soon move into the school's space shortly.

He went from 122 students in 1989 to a record high of 216 this year.

Future population projections indicate that enrollment will continue to increase.

The new wing, which is scheduled to open sometime in August, will have a nurse's room, a media center, two counseling rooms, a conference room, a finished classroom and an unfinished classroom.

unfinished classroom.

Hospital

According to the American Dietetic Association, although 56 percent of Americans eat more and cholesterol is the number one cause of the disease, dietary cholesterol.

Area residents and dietitians are more about cholesterol factors affecting through St. Elizabeth Center's cardiac program.

St. Elizabeth Cardiopulmonary Prevention Program is offering cholesterol screening, exercise, diet and professional consultation.

The health screening is offered:

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Obituaries

John Wittick

John H. Wittick, 86, of Pontoon Beach, formerly of Granite City, died Sunday, March 26, 1995, at his residence after a sudden illness. He was born Aug. 26, 1914, in Palmyra, Ill., and had been a resident of Granite City for 25 years.

A riding master with Gateway Stables for many years, he was an Army veteran and of the Baptist faith.

Survivors include two aunts, Alma Garrard and Ruby Rhine, both of Granite City; and several cousins.

He was preceded in death by his parents, Guy R. and Sadie M. (Littell) Wittick.

Services were held Tuesday at Wicks Chapel for Funeral Services with the Rev. F. Wilkinson officiating. Burial was in Mayfield Cemetery, Carlinville.

George Justice

George H. Justice Jr., 72, of Indianapolis, formerly of Marion, Vernon and Granite City, died Monday, March 27, 1995, at his son's residence in Indianapolis. He was born Dec. 2, 1922, in St.

Louis

John H. Wittick, 86, of Pontoon Beach, formerly of Granite City, died Sunday, March 26, 1995, at his residence after a sudden illness. He was born Aug. 26, 1914, in Palmyra, Ill., and had been a resident of Granite City for 25 years.

A riding master with Gateway Stables for many years, he was an Army veteran and of the Baptist faith.

Survivors include two aunts, Alma Garrard and Ruby Rhine, both of Granite City; and several cousins.

He was preceded in death by his parents, Guy R. and Sadie M. (Littell) Wittick.

Services were held Tuesday at Wicks Chapel for Funeral Services with the Rev. F. Wilkinson officiating. Burial was in Mayfield Cemetery, Carlinville.

Carrol Hudson

Carrol "Shorty" Hudson, 88, of Granite City, died at 12:50 a.m. Sunday, March 26, 1995, at St. Elizabeth Medical Center after a one-year illness. He was born July 6, 1906, in Williamsburg, Mo., and was a resident of Granite City for 60 years.

A machine operator with General Steel in Granite City for 42 years prior to his retirement in 1978, he was a member of the Organized Church of Latter Day Saints.

Survivors include his wife, Marie (Peacock) Justice, whom he married July 8, 1953; two sons, Harry Randall Gibson of Indianapolis; one son, Kenneth Justice; one daughter, Carroll V. Morgan of Mount Vernon; one sister, Dorothy Tinsley of Dix, Ill.; and eight grandchildren.

He was preceded in death by his first wife, Delta Jo (Elliott) Justice, whom he married Nov. 16, 1946, and who died June 7, 1949; one son, Kenneth Justice; one daughter, Georgia Mae Justice; his parents, Harrison and Delta (Jarett) Justice; three brothers, Willard, Oren and Homer Justice; and one sister, Stella Fay Justice.

Visitation was from 6 to 9 p.m. today, Wednesday, at Osborn Funeral Home, 322 N. Main St., where services are held. Thursday, with Bruce Hough officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.



(SEMC photo by PAULA DAVIS)

Touring — State Reps. Wyvett Young and Tom Holbrook recently visited St. Elizabeth Medical Center in Granite City to discuss local health care issues. Holbrook, left, and Young, right, toured the Koch Family Health Center and spoke with its medical director, family practitioner Dr. Elizabeth Wetzel. The Koch Family Health Center had 13,000 visits in 1994 from people who needed access to a physician and follow-up care. Almost half of these visitors were children.

MELH adding new wing to meet lack of space

By Scott Wuerz
Staff writer

Although plans are not as flashy as those for the \$31 million public high school, the school is currently expanding to find room for booming enrollment.

Metro East Lutheran High School, which is the new public high school on Center Grove Road, began construction last week of a new wing. Principal Steven Bohnet said he hoped the project will relieve the school's space shortfall for several years.

"We went from an all-time low of 1,000 in the '80s to a record high of 216 this year," Bohnet said. "Projections for future population based on the growth in our school under school indicates that enrollment should continue to increase."

The new wing, which is expected to be about 10,000 square feet, will house a nurse's room, a new media center, two counseling offices, a guidance office, a conference room, restrooms, two finished classrooms and two unfinished classrooms, Bohnet said.

The unfinished classrooms will be used for storage in the short term, Bohnet said, but are expected to be completed in the near future.

In addition to the construction the school will convert its existing media center into more classroom space.

Another feature about the addition is that our office will be moved so that it is at the end what is not (the school's) main corridor," Bohnet said. "We will be able to look out and see what's going on for the entire length of the hall."

The new wing will cost about \$1.5 million, Bohnet said, and will be built perpendicular to the existing building.

Also included in the project are new baseball and softball diamonds, which were recently completed to the east of the school.

"We've wanted for a long time to be able to bring our school sports on to our campus," Bohnet said. "It's much more convenient to our students, and we had the space, so we were finally able to get the athletic fields completed."

Hospital offers health screenings

According to a study by the American Dietetic Association, although 56 percent of Americans said they eat a healthy fat and cholesterol, 85 percent were unaware of the difference between dietary cholesterol and blood cholesterol.

Area residents have an easy and convenient way to learn more about cholesterol and other factors affecting their health through St. Elizabeth Medical Center's community health screenings.

St. Elizabeth Medical Center's CardioPulmonary Rehab and Prevention Program will offer cholesterol screening, blood pressure checks and blood sugar screenings at convenient locations. Each test includes a professional consultation with a registered dietitian on the results.

The health screenings will be offered:

• Thursday, April 6, from 10

a.m. to 2 p.m. at the Collinville Schnucks, 501 Bell Line Road.

No appointment is required.

Participants are seen on a first-come, first-served basis.

• Wednesday, April 19, from 1

to 3 p.m. at the Wellness Center, 2101 Lower Granite, Granite City.

Appointments are required. Call 788-3201 to make an appointment.

Cholesterol-level screenings,

blood pressure tests and professional consultation on the results will be offered at both locations for \$7.

The National Institute of

Health recommends that all

adults 20 and older have

their blood cholesterol levels

checked because the chance

of developing heart disease increases

in proportion to the extent

the cholesterol is elevated. By

monitoring levels, an individual

can take the steps necessary to

lower cholesterol and the accom-

panying risk of developing heart

disease.

The health screenings will be offered:

• Thursday, April 6, from 10

a.m. to 2 p.m. at the Eden Retirement Center, located at 300 South Station Road in Glen Carbon.

The Colloquia Series on Aging is sponsored by the Illinois Geriatric Education Center Network.

Elderly housing is topic of program

and the Gerontology Program at SIUE. Presenters will include faculty members from SIUE and other colleges, as well as practitioners and researchers from various agencies and organizations providing services to older persons.

Wes Brender, executive director of the Edward Village Retirement Community in Glen Carbon, will discuss housing and living arrangements for the elderly.

Muriel Shulman, a sub-state ombudsman in the Land of Lincoln Ombudsman Project in the Illinois Long-Term Care Ombudsman Program, will talk about the Land of Lincoln Ombudsman Project.

Admission is free and the public is invited. Additional information on the Colloquia series or the Gerontology Program at SIUE may be obtained by contacting Anthony Traxler, director of the program, at 692-3484.

Career program April 4 at SIUE

More than 100 professionals will be representing a wide range of employers Tuesday, April 4, at Career Network '95, a major event at SIUE.

Employer representatives will be available from 9 a.m. to 3 p.m. in the Meridian Ballroom at University Center. The fair is sponsored by the Office of Career Planning and Placement, the Society for Human Resource Management and the National Society for Black Engineers.

Seniors looking for professional employment, juniors who need summer or co-op employment, and students and parents who are interested in careers in various companies are urged to attend the fair to meet recruiters and employer representatives.

"Career Day offers a chance to accomplish a month's worth of networking, researching and interviewing in one day," said SIUE's Susan Wiedel, director of the Office of Career Planning and Placement.

Day has stated that hiring new employees is their main objective," she said. "This is an opportunity for students to receive job offers or information on companies and careers that will greatly enhance their job search."

• Pay

(Continued from Page 1A)

The contract was ratified.

City Comptroller K.P. MacTaggart said the disputed wages and

benefits for the nine former employees totals \$13,581.75.

Mayor Ron Seigh said it is up to the City Council to decide if the retroactive pay will be given.

• Allergies

(Continued from Page 1A)

medication," Zeffren said. "Some people are very sensitive to anti-

histamines. If none of it may be enough to help some people

if they are causing an allergic reaction at work, can't enjoy the weather or are having recurrent sinus infections, that's the time that someone should be seeking out an allergist," Zeffren said.

A look at the patient's allergy history, skin-testing and a breathing evaluation, Zeffren said, to determine a serum with which to treat the patient through weekly shots.

"Medications treat the symptoms," Zeffren said. "Allergy shots try to get to the root of the problem."

They do so by manipulating the body's immune system and helping it to react less aggressively against the allergens. Eventually the weekly shots can become monthly shots and for most people can be discontinued altogether within five years.

"I don't have to be a lifelong experience," Zeffren said.

Another allergic problem in spring and early summer is insect stings. In these people, stings can cause hives all over the body, difficulty in breathing, loss of consciousness and in some cases, death.

"These are people who absolutely need to see an allergist," Zeffren said.

As with other allergies, an allergy to bee stings can also be treated with a series of shots. For most people, however, those treatments usually are lifelong.

• Plan

(Continued from Page 1A)

government worked in the 1800s when the country was largely rural, but now it is a waste of tax money," he said, stating that the 22 Madison County townships cost \$25 million in 1993 for services

other than government bodies could provide cheaper.

Bender said it is not an issue of keeping townships but of the public determining what it wants from government bodies and entities.

"It's up to us to say if we should have township government.

What government makes sense for the services we want, and are we willing to pay for them? We are going to have to look at local government more. We need to look at the way we are structuring our services," Bender said.

Still, he said, the townships have provided over the past two decades, among them road improvements, replacing dangerous bridges, the Edwardsville Township Park, and aiding the needy while requiring work for benefits.

He pointed out that townships were eliminated, by state statute in 1970, and township government would change to a commission form of government. If that happened, the Madison County Board would be reduced from 29 to 3 members.

"Those members could be from any area. They all could be from Granite City or Alton."

In a Clinton stance drew angry comments from some members of the audience.

"I get more bang for my buck as far as my roads go," one man shouted. "Why are you so arbitrarily come into my back yard and say you did it?"

After the meeting, Godfrey Township Supervisor Doug Mueller said he once was skeptical about the form of government. He said Godfrey Township now has modern computer equipment that is helping provide more services and helping more people at a lower cost.

— From the Alton Telegraph



Center offers weight-loss program

The Optimize Program offers the latest techniques in weight management at the Wellness Center, 2106 Iowa in Granite City. The 11-week format includes a fasting phase, reintroduction to food and a stabilization phase designed to accommodate a 20- to 40-pound weight loss.

Topics such as creating a healthy home, enhancing self-esteem, building confidence and lapse versus relapse are a few of the issues addressed during the program.

To schedule an initial interview, call 798-3935. The new session begins Monday, April 3.

Wellness Center fitness memberships also are available, offering a well-equipped program for achieving a healthier life-style. In addition to various types of exercise equipment and a low-impact walking track, a variety of classes are held at the center to help individuals overcome health problems like diabetes, weight management, stress and smoking.

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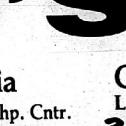
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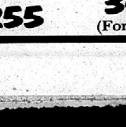
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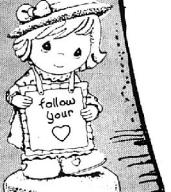
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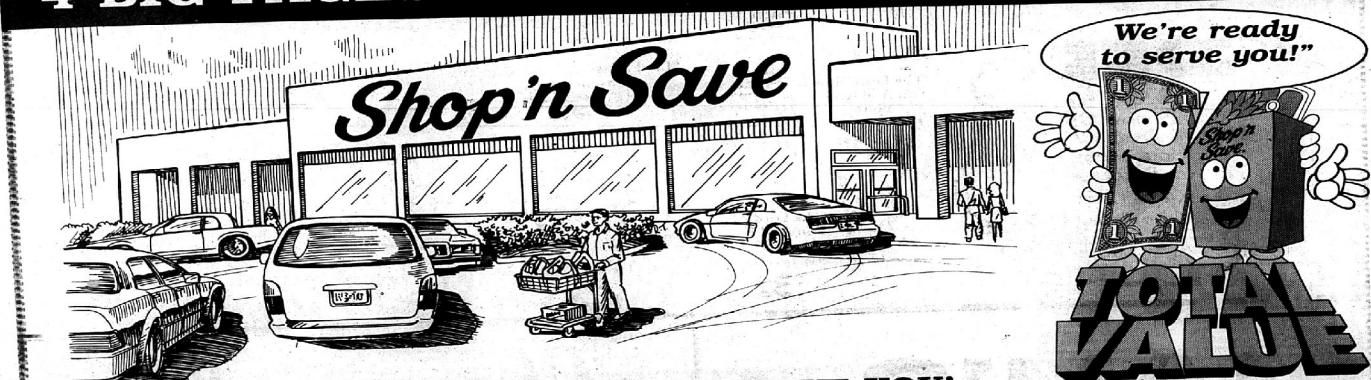
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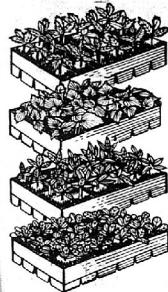
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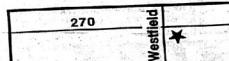
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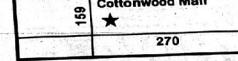
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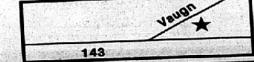
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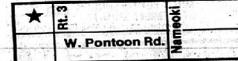
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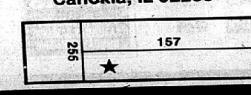
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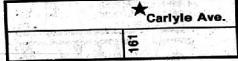
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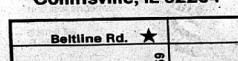
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LOCAL NEWS

Fruit elected United Way president

Tri-Cities Area United Way recently held a celebration luncheon and annual meeting to elect new volunteer leaders for 1995. More than 30 supporters gathered at the Elks Hall to participate in the event.

Richard Kearns, retiring board president, introduced Tom Colbourn, the 1995 chairman. Colbourn congratulated the community on the most successful fund-raising effort yet. He reported \$1,116,000 was raised for local health- and human-care services.

Entertainment was provided by the St. Louis Ambush dance-

ers. During the program, United Way volunteers Ted Eilerman, Bob Maxwell, Dennis Orsey, Tom Colbourn and Ruth Kearns assisted the dancers by leading a United Way cheer.

Following the campaign celebration, the annual meeting and election of new board members and officers was held.

John Fruit, community president of Magna Bank, Madison County Region, was elected United Way president. Other officers elected were Steve Lanter, vice president; Gwendolyn Pitchford, secretary; and Pete Gunnell, treasurer.

Standing committees will be chaired by Ray Morgan, allocations; Tom Colbourn, priorities planning; Chip King, communications; and Eric Robertson, nominating.

Other new board members elected for three-year terms will join the existing members in overseeing the management and development of the organization. They include Chris Barnes, Bill Donovan, Steve Drummond, Dorothy Griggs, Mark Holshouser, Joe Juneau, Lee Mooney, Lee Mullin, David O'Gorman, Jack Scott, George Smith, Charles Unger and Louis Williams.



John Fruit

Pet adoption day Saturday

Madison County Humane Society is holding an Adopt-A-Pet Day on April 1, 10 a.m. to 4 p.m. at the O'Fallon Pet Center, 101 W. Main St. in O'Fallon. Cats and dogs, kittens and puppies, are available for adoption.

The cost of adopting a dog is \$50 and includes a rabies shot, a DLILPP collar, leash, id tag and \$15 spay neuter deposit.

Cat adoptions are \$25 and include FVRCP shots, collar, id tag, and \$15 spay neuter deposit.

WEDNESDAY, M
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RACING
Clark Racing Set to begin.

1995

Gard

By David Wilhel
Staff writer

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Chris Wright,
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Doug Davison

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By Jim Brad
Staff writer

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RACING

Clark Racing Series at Tri-City Speedway set to begin.

Page 2B

LOCAL JOURNAL
SPORTS

Section B

SOCER

Lady Warriors tie Alton.

Page 2B

1994-95 Journals All-Area Boys Basketball Team
Garcia carries heavy load for Kahoks

By David Wilhelm
Staff writer

On the basketball court, Collinsville High's Cory Garcia is as tough as players come. He growls when he hauls down a rebound or slaps a shot away. He sticks up for teammates if an opposing player crosses him. He runs up and out of the lane, into bleachers chasing loose balls.

But off the court, the 6-foot-8 Garcia is a carefree young man with a pleasant disposition, a warm smile and a tremendous sense of humor that allows him to laugh even at himself.

WHEN HE entered preseason practice last November weighing 320 pounds — 70 pounds over his playing weight of 1992-93 — Garcia merely smiled and explained he had consumed too many Blimpie sandwiches during the off-season.

Garcia managed to shed 20 pounds, which wasn't as drastic as the 100 the coach Bob Bone had hoped to see. "I think Mr. Bone was worried that I would twist an ankle and fall down with all that weight," Garcia said. "I think Garcia, who also had some weight concerns of his own, 'I knew there would be some time I got tired, but it seemed like I didn't get tired at all.'

Garcia's production underscores that. The senior averaged 21.4 points and 10.7 rebounds per game for Collinsville (20-7) and finished his stellar career as the sixth-leading scorer in Kahoks history with 1,561 points. On Tom Parker's 1994-95 Richard Koenig (1,968), Terry 1,942, Rodger Bohnenstiel (1,743) and Bogie Redmon (1,718) scored more.

"IT WAS A good season. I should have had the type of season last year that I had this year," said Garcia, who was voted by coaches as the Journals Class AA Player of the Year. "It was more wanted to win (this year) than any other year." Garcia's departure from postseason play — it lost 62-60 to Taylorville in a regional final at Fletcher Gym on March 12 — was a bummer. But the boy who can't diminish Garcia's accomplishments. He was the heart and soul of the Kahoks, the big man in the middle with soft hands and an even softer shot.

Like many players, Garcia doesn't gloat about his success. But he reluctantly admits he's proud to be in elite company with some of the top scorers in the history of Collinsville's rich tradition.



Cory Garcia averaged 21.7 points this year and finished as the sixth-leading scorer in Collinsville High history.

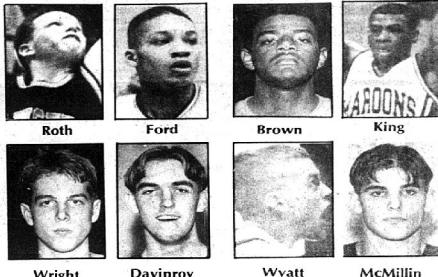
"IT'S DEFINITELY something to look up to," Garcia said. "I never had the chance to play with Parker and Rich. I never had the chance to play with Mr. Parker was to get through the program as best I can and help the team win. I exceeded my goals."

But there was some pain along the way. During his career, Garcia broke all eight fingers on his thumbs. Only his left thumb and index finger. He also suffered 23 sprains of his right ankle and three sprains of his left ankle.

"I was always getting smacked, bruised, cut or whatever," Garcia said, referring to the constant double- and triple-teams he faced. "That's part of the game, and it's only going to get rougher from here."

GARCIA'S BIGGEST disappointment was the Kahoks failing to make the state tournament. He was used rarely as a freshman in 1992 when Collinsville was defeated by Proviso East in the quarterfinals, but he always figured there would be another chance.

(See GARCIA, Page 3B)



The rest of the team...

Here is a capsule summary of the rest of the Journals all-area Class AA boys basketball team:

FIRST TEAM

Chris Thunell, Lebanon. The 6-9 senior became the main man for the Panthers this season, averaging 24 points, 12 rebounds and three assists per game.

"In terms of the attention he drew from opponents and his ability to dominate the game, he's a bigger impact on the game than any player I've seen," said O'Fallon coach Norm Toenjes.

"He's gotten a lot stronger in the post and was a bigger factor closer to the basket in his game before he got there," Toenjes said.

"He's got more hours in the ball court than he's ever had," Toenjes said. "He's a great coach," said O'Fallon coach Norm Toenjes. "He was easily the most improved player from one year to the next that I've ever seen."

At the Collinsville tournament, he had 48 points and 18 rebounds against a team that was 18-18 from the line. He broke or tied three tournament records. At the Belleville East tournament, he was the M.V.P. and O'Fallon to the championship.

Thunell signed early to play

Class AA

basketball next season at Florida International University, a Division II school.

The whole idea of signing early is to concentrate on the season, and it was pretty obvious that Chris concentrated and did a high level," Toenjes said. "He had 575 points this season (fifth on the all-time (JTHS list). He's also in the top 10 in rebounding with more than 1,000 points."

Scott Roth, Belleville East. The 6-foot-5 senior played a key role in East's turnaround from a 5-19 record last season to a 16-10 mark and regional championship this season.

"Scott spent more hours in the ball court than he's ever had," Toenjes said. "He's a great coach," said O'Fallon coach Norm Toenjes. "He was easily the most improved player from one year to the next that I've ever seen."

"He's a great person on and off the court and does a great job of leading by example. In the locker room, he keeps everyone in line and keeps them loose at the same time. He's a very

(See CLASS AA, Page 3B)



The rest of the team...

Here is a capsule summary of the rest of the Journals all-area Class A boys basketball team:

FIRST TEAM

Duane Roth, Lebanon. The 6-0 senior, who had already established himself as one of the top players in the Cahokia Conference, took his game to another level this season. He averaged 16.3 points and 9.2 rebounds per game while shooting 50 percent from the field and 75 percent from the line.

"He was the go-to guy for the Hawks — a situation that had been throughout his career," Roth said. "The pressure didn't bother Roth as much as the pressure to be a team player." Roth had asked him to be more of a scorer than he had been throughout his career. But the pressure didn't bother Roth as much as the pressure to be a team player.

"The alumnae always around the gym, and if your team doesn't win 20 games, you're not considered one of the great teams," Roth said. "I never felt any pressure to score better. I never set any scoring goals. But Gibault has had a few 20-win seasons on the line, and I didn't want to be part of a team that broke that streak."

The 6-foot-5 Roth scored 651 points for an average of 21.7 percent. He only was a scorer, but he also racked up 10 assists to 10 steals. Roth led the Hawks. He also led them in rebounding (196) and blocked shots. He was a 78 percent free-throw shooter, shot 51 percent from the field and 38 percent from beyond the three-point arc.

IN SHORT, HE was the go-to guy for the Hawks — a situation that led to one of the low points this season about my play is that Highland.

"The one point this season about my play is that Highland

was 18-18 in the Nashua Tournament," Roth said. "We had a chance to win the game in the closing seconds and move on to play Marion Del

again, and I turned the ball over on the glass. I kept thinking to myself, 'How can you turn the ball over like that after all that I practiced? I don't know what to say about that game for a while, then I practice again and then I practice again for the next game.'

"The future for Roth is as bright as any high school player in the area, but don't look for him to sit back on his past accomplishments.

"The last thing I want people to say is that I was a good high

(See TOAL, Page 3B)

Class A

and his jump shot. He can play with his back to the basket. As for what he can do on the boards, his rebounding average speaks for itself."

Roth led the Greyhounds (23-10) to regional and sectional championship.

Brad Turner, Columbia. A 6-2 senior, Turner was one of the main cogs in the Eagles' offensive machine. He single-handedly won the 18-18 Conference title and won 20 games for the second straight year.

Turner didn't move to Columbia from a sophomore year, but he still rolled up 1,141 points in a three-year career at CHS. The point total was good enough for fourth on the all-time scoring list for the school.

Turner scored 488 points (18.8 per game) this year and led the team with 178 rebounds as the Eagles finished 18-10.

He was a 49 percent shooter from the field and 32 percent from beyond the three-point line.

Turner led the team in blocked shots with 37 and in steals with 62.

Turner's season- and career-high point total came this year against Wescelin when he scored 37 points. He also scored 35 against Duane in the Cahokia Conference opener.

(See CLASS A, Page 3B)

Gibault's Toal meets all expectations

By Jim Bradley
Staff writer

As the 1994-95 high school basketball season approached, there were high expectations for the Gibault Hawks — and more specifically for their star player, Josh Toal. All concerned lived up to those expectations.

The Hawks (20-8) reached the sectional final, Toal was named an all-star and has been voted by area coaches as the Journals Class A Player of the Year.

NOT ONLY WAS Toal's senior year something special, but his entire high school career is something Gibault coach Dennis Ruetter

will remember for a while.

"There have been players that have averaged more points in a season than I did," Ruetter said. "I think there's any question he's the best overall basketball player to come through Gibault since I've been here (15 years)."

Ruetter said, "I think there's a pretty good chance he's the best player ever here at Gibault."

Such praise from his coach makes Toal a little uneasy, but at the same time he looks at it as the highest compliment possible.

"For Coaches to say something like that is really nice," Toal said. "I just want to be a good player and do the right thing."

"(Ruetter) has set a standard here at Gibault, and if he sees that a player isn't living up to his potential, then he's going to get on him. His motto is that if things are done the right way, we'll win."

THE SEASON HAD its ups and downs for Toal. But the ups far outweighed the downs.

The Hawks were on Toal to succeed from the start of the season. Ruetter had asked him to be more of a scorer than he had been throughout his career. But the pressure didn't bother Toal as much as the pressure to be a team player.

"The alumnae always around the gym, and if your team doesn't win 20 games, you're not considered one of the great teams," Toal said.

"I never felt any pressure to score better. I never set any scoring goals. But Gibault has had a few 20-win seasons on the line, and I didn't want to be part of a team that broke that streak."

The 6-foot-5 Toal scored 651 points for an average of 21.7 percent.

He only was a scorer, but he also racked up 10 assists to 10 steals. Toal led the Hawks. He also led them in rebounding (196) and blocked shots. He was a 78 percent free-throw shooter, shot 51 percent from the field and 38 percent from beyond the three-point arc.



Josh Toal might go down as the best player in the rich history of Waterloo Gibault basketball.

IN SHORT, HE was the go-to guy for the Hawks — a situation that led to one of the low points this season about my play is that Highland.

"The one point this season about my play is that Highland

was 18-18 in the Nashua Tournament," Toal said. "We had a chance to win the game in the closing seconds and move on to play Marion Del

again, and I turned the ball over on the glass. I kept thinking to myself, 'How can you turn the ball over like that after all that I practiced? I don't know what to say about that game for a while, then I practice again and then I practice again for the next game.'

"The future for Toal is as bright as any high school player in the area, but don't look for him to sit back on his past accomplishments.

"The last thing I want people to say is that I was a good high

(See TOAL, Page 3B)

"The last thing I want people to say is that I was a good high

(See TOAL, Page 3B)

SPORTS



Duane Roth led Lebanon to the super-sectional this year.

•Class A

(Continued from Page 1B)

Ryan Patton, Columbia — The 6-0 sophomore was the leader in almost every category for the Eagles this season.

Patton was one of three Columbia players who averaged in double figures, and he became known throughout the area as a deadly long-range shooter. His three-point bombs from 30 to 35 feet in the closing minutes of a loss to Gibault were a sight to see.

He averaged 20.5 points per game, scoring a total of 534 points. He also led the team with 179 assists. He was an 81 percent free-throw shooter.

He also had 100 rebounds.

Despite his lack of size, his quickness was often matched by that of his twin brother Shawn. That quickness led to 75 steals and 106 rebounds.

Shawn Patton, Columbia — The 6-0 twin brother of Ryan Patton is the other third of the CHS scoring machine.

Along with Ryan, Patton and his twin Shawn put fear in the hearts of opposing coaches trying to find a way to defend against the threesome.

Shawn was the team leader in

free-throw shooting, making 113 of 136 (83 percent). That's the second highest percentage in school history. He was an 82 percent free-throw shooter.

He was a 31 percent shooter from beyond the three-point arc, a figure good enough to lead the team. It placed him third on the Eagles.

Shawn also added 100 rebounds, 91 assists and 49 steals to place him among the team leaders. *****

SECOND TEAM

Gary Spiller, Metro-East Lutheran — Spiller led the Knights to a 16-10 record and a championship in the Great Northern Trail Conference by averaging 17.5 points, 10.5 rebounds and seven steals per game. The 6-1 junior also had 88 assists and 69 steals and was named to the Class 3A all-state honorable-mention team.

"His point total is very outstanding, and all the other areas are outstanding," said Knights coach Bill Schaeffer. "And he was our best defensive player. That's what makes him tough — he's above average in all areas. He loves to play and he's able to play."

Spiller set a Metro-East Lutheran record for points in a

single season with 552. That broke the former mark of 514 points set by Mike Spiller.

Brian Spiller's high

game of the season was 33 points

against Valley Park.

Justin Tarter, Lebanon — A 5-10 senior, Tarter averaged 14.5 points, 4.2 rebounds and 3.7 assists per game for the Greyhounds, who finished 22-10 and reached the sectional.

He shot 51 percent from the field (including 50 percent from three-point range) and 77 percent from the line.

"Tarter did an excellent job for us," said Lebanon coach John Schlepp. "He was very coachable and did what he was capable of doing. He had a great jump shot, and his shooting at the end of the season really helped us."

"He had a lot of rebounds and steals, but he can get up there and jump with the best of them. He has good shooting ability on the perimeter, but the area where he really improved was driving to the basket and being able to hang in the air."

Several junior colleges, including Rend Lake and Olmey, are recruiting Tarter. ***

Jamie Deiters, Wescelin — A 6-2 senior, Deiters averaged 16.2

rebounds, 10 assists and 4 steals to place him among the team leaders.

points, four rebounds and two assists per game. He was a three-year starter for the Warriors after playing in the regionals as a freshman.

"Of all the kids, Jamie had the potential to score the most," said Wescelin coach Jeff Mandrell. "He's a good offensive player and can create a lot of the drives."

"In the second half of the year, he passed the ball a little better. He's also a decent rebounder and he can penetrate."

Derrik DeWilde, Waterloo — DeWilde, a 6-4 senior, averaged just over 10 points a game this season, scoring a total of 312 points while shooting 53 percent from the field.

He was the team leader in rebounding with 143 and 40 steals during the 1994-95 season that saw him earn a spot on the All-Cahokia Conference second team.

Brian Levin, Duplo — Levin, a senior, was surprised when informed he had been selected to the team. Even he admitted 1994-95 was not his best year of basketball.

Levin started the year off with a bang, being named to the Metro-East Lutheran All-Tourney

Team, as he led the Tigers to the tourney championship and a 3-0 start.

But things did not go well the rest of the way for Levin or the team. He suffered a knee injury midway through the season, and tendinitis then bothered him throughout the year.

Despite the injury, Levin, a talented high jumper during the track season, was third on the Tigers in scoring and second in rebounding.

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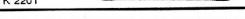
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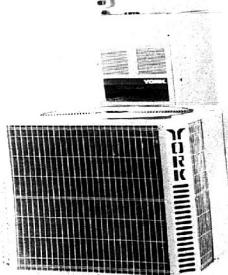
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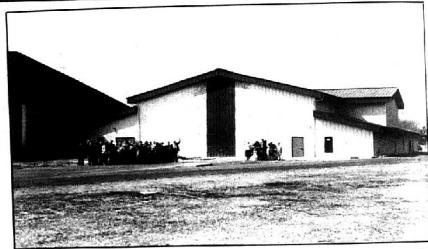
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FAMILY

Boy Scouts hold Court of Honor

On Jan. 16, Boy Scout Troop 13 held its Court of Honor to recognize the achievements made by the young men of the troop.

The meeting began with an induction of Nick Wiehardt into the troop. Scoutmaster Mike Babic presented merit badges to Kenny Cavar, Steve Geroff, Chris Layloff, Brian Reese and Scott Shardan. Christopher Babic received the world conservation award.

The troop leaders, Babic, Larry Wiegand Sr., Al Pace Sr., Bruce Reese, Marv Wiedemeyer and Glen Hommer, along with the scouts and their families, enjoyed refreshments afterward and wished Wiedemeyer a "Happy Birthday."

Troop 13 meets at 7 p.m. Mondays at St. Elizabeth's School in Granite City.



Shown are, from left, front row, Andy MacTaggart, Brian Reese, Nick Wiehardt, Scott Shardan, Robert Trower and Steve Geroff; back row, Chris Layloff, Kenny Cavar, Christopher Babic, Kyle Wilmsmeyer, Larry Wiegand and Al Pace.

Legion Aux. holds meeting

Venice-Madison Unit 307 of the American Legion Auxiliary held its March meeting on March 6 at the Post 307 in Venice with 18 present. Hostesses for the evening were LeVerne Johnson, Millie Weatherford, Dorothy Franklin and Mary Ann Turner.

Following lunch, the business meeting was conducted by Kate Buech, president. Younce Pittenger collected \$10 for the "Make A Wish" project. A donation of \$25 was being sent to the department for the hospitality tent at the state Special Olympic games, to be held in June. At 7 p.m. April 1, a speaker from the Autistic Center in Fairview Heights will be a guest.

Bette Nugent, community service chairman, announced bingos at the Colonial Care Center and Colonization Nursing Home for the month of March. Nancy Hillmer, membership chairman, reported being 100% goal dues collected. An award was presented to the 2nd District meeting in February for reaching their goal.

Jane Modrusic, past president's parley chairman for the 22nd District, announced the parley dinner will be held at 6:30 p.m. March 30, at the Post 307 home.

Marie Hillmer, co-chairman for the V.A. and R. and cheer reported sending cards of sympathy and get-well wishes to several members of the Post and unit. Hillmer reported sending a memorial donation to the Good Shepherd Church in memory of Grace Grimes, a deceased member.

A donation of \$25 is being sent for the Fifth Division Presidents Project of a scholarship for a teacher of special education.

The attendance prize was won by Dolores Weis. Prizes won at the 22nd District meeting were won by Betty Wallace, Mary Hellinger and Mary Hinson.

Dorothy Hinson, co-chairman of the V.A. and R., reported on a good party held at the Jefferson Barracks Nursing Home on Valentine's Day Feb. 14.

The next meeting will be held at 7 p.m. Monday, April 3.



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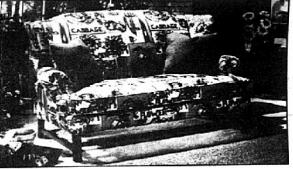
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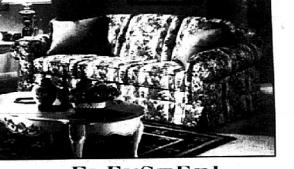
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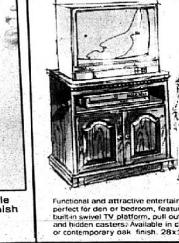


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ENTERTAINMENT

Horoscope

Wednesday, March 29

TAURUS (March 21-April 19). Possessiveness is the emotional mood of the day — it'll be difficult to part with money or let your loved ones run free. Enjoy sentimental moments with those you've known through thick and thin, and spend time with old folks, where you'll have a wonderful time. It's easy to make errors in love and money matters, so take care.

ARIES (March 20-April 18). Don't try to explain those feelings because they're too deep. You can't help it; the old voices of the times. It's a new time tomorrow, so rest and re-contemplate tonight.

TAURUS (April 20-May 18). Duck flying rumors, and keep your cool in the face of changing conditions at work — you stand to gain, though some may depart. Implement new methods now. Learning "Try 'em now."

GEMINI (May 21-June 21). Take the lead, and give it your best. Make mistakes when you are criticized. Follow through, finish, and set the lie to those who would tarnish your reputation. Take a trip this weekend!

CANCER (June 22-July 22). Diplomacy is called for, and in matters of partnership, be sure to express appreciation for the efforts of others. Develop a new plan for home improvements — start a garden, perhaps.

LEO (July 23-Aug. 22). Don't push a co-worker who seems reticent — soon, you'll know the pressure he or she is under. Now is the moment for giving the benefit of the doubt — together, you're stronger than you are individually.

TODAY'S BIRTHDAY (March 29). Powerful relationships boost your prestige and bring you a great opportunity in June. Consider establishing a home business in July. Passionate romance comes



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VIRGO (Aug. 22-Sept. 22). It's your listening skills that get you forward here now. Follow orders, and complete tasks. Public relations is a top priority. Assume that the customer, the boss or your mom is right.

LIBRA (Sept. 23-Oct. 23). Important friendships are just around the corner — and help with that depressing health or financial problem is on the way. For now, define your symptoms and face your problems squarely.

SCORPIO (Oct. 24-Nov. 21). The loving ways of a romantic wooper are wooing you away from concentrating on important career moves. Give the children your full attention tonight — they're eager to talk about what they're feeling.

SATURNIUS (Nov. 22-Dec. 21). Are there new worries on the home front? Just use this as a lesson in thrift. You never know when expensive repairs might be needed, so save. Meanwhile, quit worrying.

CAPRICORN (Dec. 22-Jan. 19). Love is trying to get your attention, but you may be too involved in solving a misunderstanding in business matters. Important new associations do come first — then, flirt like mad!

AQUARIUS (Jan. 20-Feb. 18). Get monetary affairs shipshape, and eat right today, too, because tomorrow is the day you meet destiny in the form of a new project. A wardrobe update may be beneficial, too.

PISCES (Feb. 19-March 20). Saving is serious business, true, but don't worry too much. You'll soon see an improvement in your cash flow. Check the mirror, and consider starting a fitness program tomorrow.

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Outbreak (R) 4:15, 7:15, 9:30
The Brady Bunch Movie (PG-13) 7:00, 9:15
Major Payne (PG-13) 7:15, 9:30

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Bye Bye Love (PG-13) 4:45, 7:30
Man Of The House.....4:45, 6:45
Forrest Gump (PG-13) 4:15, 7:15
Candyman (R) 7:15, 9:30

COTTONWOOD EDWARDSVILLE CINEMA
Edwardsville, Ill.
Roommates (PG-13) 4:15, 6:45, 9:15
Boy's Life (PG-13) 4:45, 7:15, 9:45
Billy Madison (PG-13) 4:30, 7:00, 9:30

LINCOLN THEATER
103 E. Main (Belleville), 323-0123
Forrest Gump (PG-13) 7:00, 9:45
Major Payne (PG-13) 7:00, 9:30
The Jungle Book (PG) 7:15
The Hunted (R) 9:25

NAMEOKI CINEMA
NAMEOKI VILLAGE, 877-6630
NAMEOKI CINEMA
300 Nameoki Village, 877-6630

Dumb And Dumber (PG-13) 7:15
The Brady Bunch Movie (PG-13) 7:00

QUAD. CINEMA
Bellwood, Ill.
Outbreak (R) 4:15, 7:15, 9:00
Bye Bye Love (PG-13) 4:30, 7:00, 9:30
Major Payne (PG-13) 5:00, 7:30, 9:45

RITZ 3 THEATER
403 E. Main St., Belleville, 233-3536
The Hunted (R) 9:25
Disclosure (R) 9:30
Forrest Gump (PG-13) 8:45, 9:45
Murder In The First (R) 9:15, 10:00

ROXANA CINE THEATER
Roxana, Ill., 254-7405
The Brady Bunch Movie (PG-13) 7:00

S.V.I.A.

Spring Craft Show

Sat., April 1st 10am—5pm

Sun., April 2nd 10am—4pm

Klucker Hall, Shiloh, IL

In The Shiloh Community Park

Free Parking & Admission

Call 632-3900

Or 632-8801

Italian Spaghetti Dinner

sponsored by

Trails West Council, B.S.A.

Religious Committees

APRIL 1st - 3-7pm

St Elizabeth Cafeteria

(Pontoon & Johnson Rd)

Price: \$4.50 adult

\$3.00 child under 3 FREE

Help Support

The Religious Objectives

In The Boy Scouts Program

Delmar Ave.

Alton, IL 62201

8:00 a.m. - 11:00 p.m.

307-6630

Alphonse A. St. Elizabeth Ark. Day Care

Grande City, IL

closed except

Wednesday

Collinsville District in con-

Boots and Slip-

Club will spe-

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24-1989

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Edgar Street, Edward

Al-Anon, 7-8

Foundation, 6-8

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HALL AVAILABLE
PARTY-WEDDINGS-MEETINGS
ALSO NIGHTS OPEN FOR NON-PROFIT ORGANIZATIONS
SELF SPONSORED BINGO
AMERICAN LEGION POST #307
740 BROADWAY, VENICE, IL
876-0121

NAMOEKI CINEMA
NAMEOKI VILLAGE, Granite City, 877-6630
HOLD OVER!
DUMB AND DUMBER
JIM CARREY
JEFF DANIELS
FRI 7:15, 8:30 SATURDAY 11:30
SUN - THURS 7:15
FRI 7:15, 8:30 SATURDAY 11:30
SUN - THURS 7:30
Now FREE REFILL on Popcorn & Soft Drinks!

Collinsville's favorite Country Craft Show is back. Featuring folk art, baskets, furniture, garden signs & decor, birdhouses & feeders, and much more.

Country Treasures
FOLK ART & CRAFT SHOW
APRIL 1 & 2

Gateway Center
One Gateway Drive
Collinsville, Illinois

From I-55/70 take Exit 11 & follow signs.

Saturday & Sunday — 10 am to 5 pm

\$2.00 Admission

Sorry, No Strollers/Children Under 12 FREE.

WIL-FM BLOOD DRIVE
Saturday April 1st
9am - 2 pm

Give the gift of life-get a FREE WIL-FM T-Shirt with your donation.

COLLINSVILLE SHOW

John Scotti Productions Inc.
Country Treasures Show
P.O. Box 9, Freeburg, IL 62243
Phone: 618-539-3395 • Fax: 618-539-4734

Community calendar

Our event calendar also includes entries for community groups. Such groups meet on the first Monday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries must be submitted by calling the newsroom at 876-2900. This calendar runs in every Wednesday's Journal.

Wednesday, March 29

Disabled American Veterans Chapter 53 will offer a service picnic from 9 a.m. to 2 p.m. at the Granite City Hospital, located at 1417 19th St. in Granite City. Call 876-7816 for more information.

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 432-4328.

Mount Zion General Baptist Church, 1000 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for smokers and nonsmokers, meets 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Wrestling With Angels, a TV series and discussion of the tough questions of life, will be held from 5:30 to 6:45 p.m. at First Presbyterian Church, 2008 Delmar Ave. in Granite City.

Alateen, 8 p.m., 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed, except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor Square Dance lessons from 7 to 9 p.m. at Lamham, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-7529, or contact CARD at 344-7529.

Divorced and Separated Group, Military, 7-8:30 p.m., First United Church of Christ, 293 Second Street, Edwardsville, 656-2928.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how to react to it, live with it and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Alcoholics Community Action Group, meets at 7 p.m. For more information, call Dan at 452-2336 or Diane at 876-1360.

Thursday, March 30

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2900 Delmar Ave. For information, call 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 462-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Casyville. For information, call 344-4636 or 344-7529.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, March 31

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 462-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Four-square Church will give out food and clothing from 1 to 3 p.m.

Al-Anon, Al-Anon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue, 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry open from 9 a.m. to 1 p.m. Samuel Turner, food chairman, Valonda Turner is the secretary and Alferd Turner is the pastor.

from 4 to 7 p.m. Hand-dipped fried fish, pasta, spaghetti or chicken and slaw will be served in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for soft drinks and desserts. Carry-outs are available.

Rules of the Road course will be held from 9 to 11 a.m. at the Granite City Township building, 2007 Delmar Ave., in Granite City. For more information, call 877-4373.

ShowTime Express Inc. will host a tae solo sale beginning at 8 p.m. at 2116 Club, 2116 Edison Ave., Granite City.

Support Together for Emotional and Mental Serenity and Sobriety, a support group for people with a mental illness and/or alcohol or substance abuse problems, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, April 1

Madison County Humane Society will hold an adopt-a-pet day from noon to 4 p.m. at the PetsMart store in O'Fallon.

Polish Picnic, 9 a.m. Sacred Heart of Jesus Church, 930 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, potato, pierogi, tater tots, \$6 per dozen.

Cooked and ready to heat and eat. Also available are chruščiki and rosettes at \$3 per plate. Order ahead by calling 878-5869.

Singles Connection, Dinner at Chevy's Mexican Restaurant, Highway 170 at Olive, St. Louis. The group will depart from the truck stop at Highway 55 to 202 in Madison. Call Carl at 452-1762 for more information.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 462-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry open from 9 a.m. to 1 p.m. Samuel Turner, food chairman, Valonda Turner is the secretary and Alferd Turner is the pastor.

Sunday, April 2

Piase Gateway Chapter Inc. will host the ninth annual A.B.A.T.E. Freedom Run in combination with the annual poker run. Sign up will be from

11 a.m. to 4 p.m. at Eddie's, 3001 Granite, 10 a.m. to 4 p.m. Hand-dipped fried fish, pasta, spaghetti or chicken and slaw will be served in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for soft drinks and desserts. Carry-outs are available.

Rules of the Road course will be held from 9 to 11 a.m. at the Granite City Township building, 2007 Delmar Ave., in Granite City. For more information, call 877-4373.

The Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Carrie's Steak House. The meetings are open and the public is invited.

Senior Social Club, meets at the Township Hall, doors open at 12:30 p.m. bingo and games start at 2 p.m. Call 877-1215 for more details.

Singles Connection, a picnic at Woodland Park in Collinsville. Meet at 11 a.m. for a picnic and equipment for a game afterward. Call Sandy at 344-1393 for more information.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Church Women United present "Music in the Woods" at the First Presbyterian Church, 2300 Pontoon Road, in Granite City. Admission is \$3.50. All proceeds will benefit the Church Women United's work in the community, and local church for more information.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, 2016 Delmar Ave., main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary, 1126 Bingo, 1 p.m., 2016 Nameoki Bingo Center. Also included will be a color raffle and 75 and 50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesnki Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, April 3

Disabled American Veterans Chapter 53 Auxiliary, 141 19th St., Granite City, 876-7816, 9 a.m.

Old Site Mile Historical Society will hold their general meeting at 7 p.m. at Central Christian Church, 2008 John R. Bond, Granite City. The speaker will be Mike Sparks, who will discuss the history of the Granite City Police Department.

Granite City Fellowship Adult Board, 2257 Cleveland, 5 p.m., 2001 Nameoki, 877-4848.

Camera Explorers Club, Hart-

ford Public Library, 143 W. Hwy. 100, 10 a.m. to 4 p.m., call Beverly Zager, 254-9394.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 462-2429.

Al-Anon, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (woman), 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (woman), 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (woman), 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Church Women United, bingo, 7:30 p.m. to 8:30 a.m.

Tuesday, April 4

Diabetes Support Group, 1 to 3 p.m., President's Room, St. Elizabeth Medical Center, 798-3456.

Singles Connection will play softball at 6:30 p.m. at the YMCA, 8th Drive, Granite City. There is a \$3 fee for three hours of play. Call Frank at 876-3135 for more information.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, 2016 Delmar Ave., main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary, 1126 Bingo, 1 p.m., 2016 Nameoki Bingo Center. Also included will be a color raffle and 75 and 50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesnki Room, first floor, St. Elizabeth Medical Center in Granite City.

Wednesday, April 5

Disabled American Veterans Chapter 53 Auxiliary, 141 19th St., Granite City, 876-7816, 9 a.m.

Old Site Mile Historical Society will hold their general meeting at 7 p.m. at Central Christian Church, 2008 John R. Bond, Granite City. The speaker will be Mike Sparks, who will discuss the history of the Granite City Police Department.

Granite City Fellowship Adult Board, 2257 Cleveland, 5 p.m., 2001 Nameoki, 877-4848.

Camera Explorers Club, Hart-

reporters and court personnel. For more information call Lisa Lange at 656-4646.

Depressive Manic Depressive Association of Madison County will meet from 7:30 to 9 p.m. at Elizabeth Medical Center, James E. Lewis and Karl A. Strassman, co-leaders of the DMMDA, will conduct the meetings. For more information, call 877-751-7177 or 767-4929.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the First Christian Church, 2008 Delmar Ave., 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 1 (800) 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 1 (800) 692-8078.

Al-Anon, 8 p.m., St. Elizabeth Medical Center, 2016 Delmar Ave., 1 (800) 307-6600.

Alcoholics Anonymous (woman), 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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FAMILY

Military



GCHS debate team members who won in the CARD League include, from left, front row, B.J. Yurcisin, Brian McMillan and Jason Mathew; back row, Jason Potter, Amanda Solomon and Brian Griffith.

High school debaters win varsity division

Granite City High School debate team members won the varsity division of the Pontiac High School debate tournament recently and are going on to the first place in the Coalition to Advance Reasonable Debate League. Points are taken from the best four of seven tournaments to determine a winner. Twenty schools are in the league.

Granite City defeated second-

School.

Stephen Horton

Air Force Senior Airman Stephen B. Horton has been decorated with the Air Force Commendation Medal. The medal is awarded to those personnel who have demonstrated outstanding achievement or meritorious service in the performance of their duties on behalf of the Air Force.

Horton, a staff writer, is the son of Patricia J. Johnston of St. Louis and Daniel R. Horton of Pontoon Beach.

Daniel Horton

Army Sergeant Daniel R. Horton Jr. has arrived for duty at Camp Carroll, Waegwan, South Korea.

Horton, a food service specialist, is the son of Daniel Horton Sr. of Pontoon Beach and Pat Johnston of St. Louis.

John Kirchner

Army Private John A. Kirchner has graduated from a helicopter repairer course at Fort Eustis in Newport News, Va.

During the course, students learned to perform direct and general support maintenance on helicopters. Also included were instruction in safety practices, usage of ground support equipment and special and precision tools.

Kirchner, the son of Ruth Ann Payne of Granite City, is a 1994 graduate of Granite City High

William Coker

Army Reserve Private William D. Coker has completed a Department of Defense basic journalism course at Fort Benjamin Harrison, Indiana.

During the course, emphasis was placed on newspaper design techniques, photo journalism and writing of news, sports and feature stories. Also covered were media and community relations and aspects of internal information to give the students an understanding of public affairs.

Coker is a 1994 graduate of Granite City High School.

Paul Roan

Navy Seaman Paul A. Roan, son of George F. and Ruth Roan of Pontoon Beach, recently completed U.S. Navy Basic Training at Recruit Training Command at Great Lakes, Ill.

During the eight-week program, Roan completed a variety of training, which included classroom study, practical hands-on instruction and a emphasis on physical fitness. In particular, Roan learned naval customs, first aid, fire fighting, water safety, the use of a variety of safety skills required for working around ships and aircraft.

Roan and other recruits also received instruction on the Navy's core values — honor,

courage and commitment; and what the words mean in guiding personal and professional conduct.

Roan is a 1993 graduate of Granite City High School.

John Berosky

Navy Commander John M. Berosky, son of Karen and Benjamin of Granite City, recently participated in two weeks of active duty training for reservists.

During the training with Military Sealift Command at Fort Eustis, Va., Berosky received information and practical application relating to current military procedures and policies.

Berosky is a 1989 graduate of Granite City High School joined the Navy in January 1974. Berosky is a 1973 graduate of the University of Illinois at Urbana and with a bachelors degree and a 1983 graduate of Southern Illinois University at Edwardsville with a masters degree.

Brian Corey

Navy Lieutenant Brian K. Corey, son of Larry W. and Carol A. Corey of Granite City, recently reported for duty at Naval Air Station, China Lake, Calif.

Corey joined the Navy in January 1986. Corey is a 1985 graduate of the University of Illinois with a bachelors degree.

Keith Ray

Marine Private First Class

Keith A. Ray, a 1993 graduate of Granite City High School, recently promoted to his present rank while serving with the Second Assault Amphibious Battalion, Second Marine Division, Marine Corps Base, Camp Lejeune, N.C.

He joined the Marine Corps in February 1994.

David Whitsell

Navy Chief Petty Officer David E. Whitsell, son of Eugene L. Whitsell of Granite City, has been assigned to the coast of Mogadishu, Somalia, aboard the dock landing ship USS Fort Fisher as part of the international forces

United Nations forces from Somalia.

Whitsell arrived in Somalia in late February after completing four months of a six-month deployment to the Indian and Persian Oceans.

Whitsell is one of 12 sailors and 10 Marines who made up a four-ship amphibious landing force which assisted in the withdrawal of U.N. peacekeepers from Mogadishu, Jan. 12.

Whitsell is assigned to the USS Fort Fisher, USS Essex, USS Blue Ridge and the 13th Marine Expeditionary Unit.

The primary mission of the Marines was to provide security for the final stages of the withdrawal.

The 1975 graduate of Granite City High School North joined the Navy in May 1975.

NICKELODEON
PRESENTS
FAMILY DOUBLE DARE
LIVE TOUR!
The live show where
Kids and parents play
messy games and
stunts from the hit
shows
Family Double Dare
and
What Would You Do?

**DRESS
FOR A
MESS!**
**TONS OF KIDS AND
GROWN-UPS PICKED
FROM THE AUDIENCE!**
APRIL 8 — 11:00* AND 2:30
Tickets \$12.50 (Special VIP tickets also available)
Visit the Kiel Center Box Office, all Tickets Now Outlets including Famous Barr, Schnucks Video Clubs, Streetside Records and Blue Note Sports Shops, or call Dialix at 314-291-7600.
*Show subject to the weather impaired
TICKETS ON SALE NOW!
Information 314-622-KIEL (314-622-5454)
Access 314-622-5420
TO SUBSCRIBE TO NICKELODEON CALL YOUR LOCAL CABLE COMPANY

**OVER 300 CHARMS
IN STOCK TO CHOOSE FROM
Starting at Only \$1.00**
Buffy
Polishing Cloth
Clean & Shine All Jewelry
\$1.98
With COUPON
Expires 5/31/95
"THE MAGICAL METAL"
Did You Know:
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• PLATINUM JEWELRY IS PURER THAN GOLD
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A Family Preparedness Program
**ARE YOU READY
for Illinois' Next Disaster?**
INTRODUCTION
Would you know what to do if an earthquake struck this area? What about a tornado? What can you do to protect you and your family from extreme cold weather conditions? What should you do if a hazardous material spills or leaks into the air? The Family Preparedness Program, developed by the Illinois Emergency Management Agency, is designed to provide area residents with useful information about various types of natural disasters and what each of us can do to prepare ourselves and our families for emergencies. We want you to be ready.
SPEAKERS
Terry Walther, Vice President, Memorial Hospital and Region IV Disaster Coordinator
Norm Acker, St. Clair County Emergency Services and Disaster Agency
Donald Schneider, Safety and Security Director, Memorial Hospital
Ron Volkman, Assistant Chief, Belleville Fire Department
Sandra Knight, RN, Region IV-B EMS System Coordinator
DATE, TIME AND PLACE
Wednesday, March 29, 1995
7 to 9 p.m.
Memorial Hospital Auditorium
INFORMATION
The program is free; however reservations are requested. Call Memorial's Community Relations Department at (618) 257-5649.
This program is provided as a community service by Memorial Group, Inc. and Memorial Foundation, Inc. on behalf of Memorial Hospital.
MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62223

Today's Food

Wednesday, March 29, 1995

Food & Nutrition

Wise Ways

An allergy or intolerance to certain foods poses a challenge in eating and cooking choices.

INSIDE

Living Lean for Adults

Children's eating habits hinge on how their parents understand nutrition.

INSIDE

Blue Ribbon Cook

The tang of orange juice and sweetness of brown sugar make sweet potatoes a winning vegetable throughout the calendar year.

INSIDE

Private Label Test Run

Animal cookies are an economical treat when they come from a box packaged with a private label, like Flavortime from Dierbergs.

INSIDE

Micro Raves

Jump start an on-the-go breakfast by starting it in a microwave oven.

INSIDE

Lively Taste

Add zest to fruit salad. Blend equal amounts of lemon juice and sugar or honey. Drizzle over favorite fruits. A pinch of cinnamon and a spoonful of grated orange or lemon peel blend well, too.

Health & Fitness

Medicine Chest

March is prime time for looking in closets and pantries to avoid a poisoning at home. Poisonings most often involve cleaning products, analgesics, cosmetics, plants, and cough and cold medicines. Children act fast. So do poisons. Take preventive steps.

Fresh Picks

There may be a couple less in some vegetable crops for the next few weeks. Because many varieties of fresh produce this time of year come from California, some will be in high demand and short supply because of the deluges of 1995. This can result in fewer seasonal bargains, plus variable quality. It may be wise to buy fruits and vegetables from California with an eye to short storage. Just as farmers had trouble starting and tending plants in the mud, they also are harvesting between showers. Waterlogged food may not keep as long.

Big Fat Tip

A typical homemade pancake is a leaner choice than a waffle, because waffles usually contain extra oil to avoid sticking to the iron. Avoid covering them with butter or margarine to keep down fat.

Future Shop

Tasty ideas do not die. Now that french fries have edges with spicy seasonings, a 'new' flavor is in the works: ketchup. Could it mean the end of squished plastic ketchup packets on the floor of the car?

Eating Right

By Janice Denham
Staff writer

According to entries in the Eating Right Recipe Contest, people are getting smarter and smarter about eating with a healthier outlook.

Registered dietitian Rita Telken, a volunteer for the American Heart Association, St. Louis Chapter, headed the contest. The local group sponsored the contest with *Suburban Journals*.

"All these entries show people have learned a lot," she says.

Winners received a heaping basket of healthful cooking ingredients from Schnuck Markets and an American Heart Association cookbook.

Keeping fat, cholesterol and sodium at a healthful — and delicious — level is possible, according to the recipes. From cheese sandwich delights to lasagna, enchiladas to chili, bean dip to cobbler, eating lean was a delight.

Top dishes of Spaghetti Pie, Mexican Manicotti and Marinated Black-Eyed Peas in the Eating Right Recipe Contest surround a winning basket from Schnuck Markets. The American Heart Association, St. Louis Chapter, and *Suburban Journals* co-sponsored the contest to celebrate good food and whole-some eating during American Heart and National Nutrition Months.

Cran-Raspberry Pears (far right) provide a colorful spring dessert that topped entries in the fruit dessert category of the Eating Right Recipe Contest.



A helping of Mexican Manicotti fills a hearty appetite with a winning dish from the microwave oven.

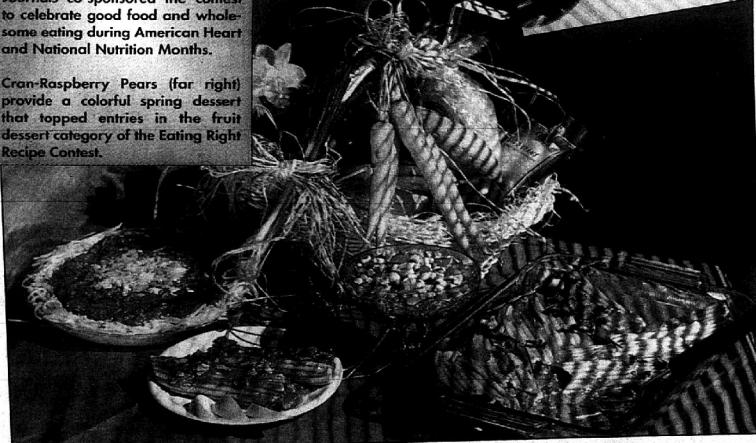
Styling by Janice Denham
Photos by Rick Grafe

By preparing the meat and noodle layers at the same time, it comes under the 30-minute guideline. A tester suggested making two pies at a time and freezing the second for another occasion. Leftovers — if there are any — are exceptional.

The winning microwave dish is Mexican Manicotti by Donna Hudson of DeSoto. Cooking the noodles straight from the box slowly with lots of liquid makes this type of dish easy in a microwave oven.

Only four ingredients plus two ordinary spices make this dish extraordinary and the recipe a definite "keeper." In fact, it was a recipe judges were interested in sharing — even if it didn't win a prize.

SEE EAT RIGHT,
INSIDE TODAY'S FOOD PAGE 2



Wicked Apples "Kiddie" Cuisine

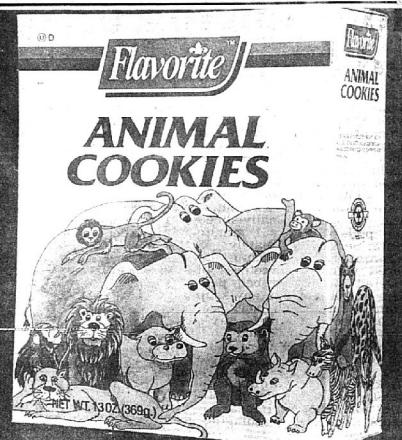
In a saucepan over medium-low heat, cook 4 apples, peeled and sliced, with 1/2 cup red-hot cinnamon candy and 3 tablespoons water until candy is melted and apples are tender when you stick a fork into them. Add an extra spoonful of water at a time, if necessary, to let fruit cook to desired doneness.

Like the prettiest apple Snow White ever was offered, the apples will be bright red.

From Tori Sheldon, age 6, Festus
Winner, Snow White's Apple Contest

Today's Food

Private Label Test Run



Eating animal cracker cookies with your soup is a time-honored tradition that can be a less-expensive habit with a private label brand, like Flavorite from Dierbergs.

Animal cookies gain all purrs, no growls

Suburban Journals' testers put a little tiger in their tank and gorilla in their grin by sampling Flavorite animal cookies from Dierbergs.

"The box is really full. I'd forgotten what a neat snack these are," one taster said.

Flavor was not the only inviting thing about them.

"They have a nice aromatic sort of an inviting lemon-type flavor," another said.

The assortment of jungle animals was addictive.

"I'm tempted to buy them because they're little and you can just grab a handful," a tester added.

Their nutrition analysis was similar to national brands, with 10 cookies amounting to 3 grams fat and 120 calories.

"It's hard to point out anything different because they are pretty much the same (as national

brands)," a taster said.

Testers noted animal cookie shapes were almost all intact, with only few having edges crumbled to the package.

The price was different, however, with the bargain going to the Flavorite brand. A 13-ounce package costs \$1.29, whereas a 12-ounce package of a national brand at Dierbergs regular costs \$1.79.

Thus, per-ounce cost jumps from 10 cents to 45 cents. Animal cracker cookies in an individual 2-ounce package with a circus design cost 75 cents, thus making the price at almost 40 cents per ounce.

"It would be fun to send a little (individual) package to school with a child, but you could buy a box of Flavorite crackers, which would last a long time, for the price of two little cartons of the others," a taster pointed out.

drained, chopped
1 can (42 oz.) pork and beans
2 cloves garlic, minced

Brown ground beef. Drain. Add onions and bell pepper. Cook until tender. Stir in chili seasoning, ketchup, green chilies, pork and beans and garlic. Cook over low heat, stirring occasionally, 1½ hours.

Makes 8 servings.

HOT AND SPICY BEANS

1 lb. lean ground beef
1 large onion, chopped
1 bell pepper, chopped
1 pkg. chili seasoning mix
3 tbsp. ketchup
2 tbsp. green chilies,

Eat Right

Continued from page 1C
The South won the race in the ethnic contest as Marinated Black-Eyed Peas from Kathie Hoette of Montgomery City took the prize. Judges thought it was a good example of how a small amount of higher-fat ingredients — in this case, mayonnaise and oil — can add extra flavor without eliminating a dish from a healthy contest!

A tester recommends adding color and crunch with diced vegetables and serving the dish as a light main dish for lunch.

Of course, everyone waits with anticipation for dessert. This category requested one with fruit and Lori Briggs, St. Louis, suggested fresh pears marinated in juice for lightly-spiced flavor and rosy color. Its main tester suggests adding a fat-free frozen dessert on an elegant occasion.

MEXICAN MANICOTTI

Living Lean for Adults

By KATIE DUGGAN

Children tip off parents about what they will eat

Mealtimes often challenges parents.

Preschool children may want to eat only raisins one week and only pretzels the next. School-age children may willingly eat only what they see their friends eat in the cafeteria.

A lot of misleading information circulates about how and what children should eat. Answer each statement with True or False to see whether your current nutrition thinking is sound.

1. Honey is a wholesome sweetener for infants.

2. Giving an infant or toddler a bottle of milk or juice at bedtime helps soothe him to sleep in his crib.

3. Children avoid vegetables.

4. An overweight child should be put on a diet to lose weight.

5. A child should "clean her plate" at each meal.

All of these statements are false. Here is why:

Honey should not be given to a child less than one year old. The immune system of an infant has not developed yet to that of an adult, so it may not react to the clostridium botulinum spores in honey, which can lead to botulism food poisoning. Honey can be given in small amounts to a child after that first birthday.

2. Drinking a bottle of milk or juice while lying in bed can cause the liquid to "bathe" a child's teeth. This destroys tooth enamel and leads to dental carries. The

official name for this is "nursing bottle syndrome."

To help break the cycle of a bottle at bed time, replace the milk or juice with water.

3. A child's automatic dislike of vegetables is a myth. Children eat food they know, so offer a wide variety of all foods — including vegetables.

Given an opportunity, the child may be surprised. If a child balks at soft-cooked vegetables, serve them raw and crunchy. For a treat, serve them with a low-fat dip. If they object to "crunch," cook them until they are soft.

4. A child should be helped to grow into his or her current body weight, rather than encouraged to lose weight. Weight loss in a growing child is not healthy.

Instead, encourage moderate exercise and establish eating habits that keep a child's body weight in line. Be a good example for both. Offer a wide variety of low-fat foods and don't overdo portions. Adequate servings of a wide variety of foods ensures a child will get all the nutrients needed for normal growth and development.

5. A child forced to clean the plate at every meal is learning to overeat, in spite of his appetite.

Overall, balance, variety and moderation are key components to a healthy diet. Feeding children is a challenge, but understanding a

child's individual eating behaviors helps minimize snacking at the kitchen table.

An older child can help make this Pop Snack. It is from the American Heart Association's "Kids' Cookbook."

Registered dietitian Katie Duggan is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

POP SNACK

1 pkg. light microwave popcorn
1/4 cup dried apple, peach or other fruit
1/2 cup small unsalted pretzels
1/4 cup dry-roasted unsalted peanuts
1/4 cup raisins

Pop corn as directed on package. Wear oven mitts to open oven door from oven. Open oven door, turning bag opening away from face. Put 1 1/2 to 2 cups popcorn in bowl.

Use kitchen scissors to cut fruit in 1/4-inch pieces. Add to popcorn. Add pretzels, peanuts and raisins. Using wooden spoon, toss until mixed. Serve at once.

Makes 2 servings, 242 calories, 7 g protein, 37 g carbohydrate, 9 g fat, no cholesterol, 46 mg sodium and 25 mg calcium each.

Micro Raves

Skipping breakfast is bad idea

at lunch or dinner. In addition, the energy boost gained from a nutritious breakfast is lost to breakfast skippers.

Breakfast is important to adults, but it is especially important to children. Research shows children who skip breakfast tend to be overweight and often have both academic and discipline problems in school. These children frequently are more disruptive and have lower scores on tests with less enthusiasm for learning.

The second reason for breakfast skipping — lack of time — can be overcome with a bit of forethought and a microwave oven.

Using a microwave shortens preparation time and cleanup time — both essential to the morning rush. After all, breakfast can be as simple as instant oatmeal — dry oatmeal and water or milk — prepared in a microwave.

For breakfast-to-go, top a bagel with a thin slice of ham and a piece of cheese. Microwave 20 to 30 seconds on a paper towel.

Breakfast is ready with barely time to clean.

The delicious variety, add thinly sliced fruit to the ham and sprinkle with brown sugar.

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Sweet potatoes win this week

Donna Duspiwa, St. Louis, is winner of this week's recipe contest for Candied Sweet Potatoes with Orange Juice. For she wins a prize of dinner certificates at the Pasta House Co.

She created the dish when asked to bring sweet potatoes to a family gathering. Although it was a annual holiday request, this dish could make sweet potatoes a year-round favorite. Amounts can fit the size of the group dining. To make just 4 servings, heat 2 medium sweet potatoes, cooked and sliced, and ingredients to match in one layer of a 9-inch square pan 20 to 30 minutes.

Recipes in the Spring Fruits and Vegetables Recipe Contest are due this week. They will be accepted through March 31 for consideration as winner of each of the four weeks in April.

Send one recipe per household to: Spring Fruits and Vegetables Recipe Contest, 1714 Deer Tracks Trail, St. Louis, MO 63131. Any type of dish that uses traditional spring ingredients — such as strawberries, rhubarb, asparagus, spring greens or onions — will be considered.

Type or print the recipe legend on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

CANDIED SWEET POTATOES WITH ORANGE JUICE

5 lbs. sweet potatoes
2 tbsp. vanilla extract or 1 whole vanilla bean
Brown sugar as needed
5 or 6 juicy oranges
1 cup (2 sticks) margarine, cut in 1 tsp. pats

Preheat oven to 350°. Grease 9-by-13-inch pan. Sprinkle brown sugar lightly on bottom of prepared pan. Lay 8 to 10 pats margarine over sugar.

Peel potatoes. Cut in half horizontally. Boil with vanilla until just fork-tender. Squeeze oranges. Grate pectin.

Drain potatoes. Cool until easy to handle. In pan with brown sugar, slice to form solid layer. Sprinkle with brown sugar. Dot with a few pats margarine. Moisten with enough juice to penetrate sugar. Sprinkle top lightly with orange peel. Pour any remaining juice over dish.

For breakfast-to-go, top a bagel with a thin slice of ham and a piece of cheese. Microwave 20 to 30 seconds on a paper towel.

Breakfast is ready with barely time to clean.

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Good Health

By MELANIE POLK

Green onions spring up with prized cooking flavor

The onion family of vegetables has received a lot of attention in nutrition research for its links to lower incidence of certain cancers. Green onions are also known as scallions or spring onions and are often the first crop from the spring vegetable garden.

Green onions are found in the produce department tied in small bundles. Look for onions with fresh, crisp-looking green tops and dark roots. The necks should be white, two to three inches along the root. They last about a week when refrigerated. Although available year-round, they are most abundant now through summer.

Many people eat green onions raw, using only the white root and green stalk and discarding the top portion with the green stems. In Asian cuisine, however, the green stems are highly prized and make a delicious addition to stir-fry. Green onions are most nutritious eaten with their tops which add lots of vitamins C and A, and iron.

Add a little chopped raw green onion to creamed soup or vegetables just before serving for an added burst of flavor.

Another way to use it is to make a bright and crispy-flavored green onion soup.

Saute 2 cups sliced scallion with green tops in a small amount of chicken broth and 2 teaspoons minced ginger root. Add 3 tablespoons reduced-sodium soy sauce, 6 cups chicken broth, 1/2 cup dry white wine and salt to taste. Cook 1 to 2 minutes. Add 1 cup diagonally-sliced pea pods. Simmer 1 minute more. Serve immediately.

Tomato-Scallion Soup is flavored with the sweetness of roasted sweet red bell pepper. It's not like any soup from a can. Each bowl provides more than a day's worth of vitamins C and A.

For a free brochure featuring other delicious vegetable and fruit recipes, send a stamped, self-addressed envelope to: American Institute for Cancer Research, Department AP, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of the AICR's nutrition education for the AICR.

TOMATO-SCALLION SOUP

2 tsp. olive oil
3/4 cup scallion (green onion)
1 tbsp. minced garlic

1 jar (6 oz.) roasted sweet red pepper, drained
3 cups water
1 can (28 oz.) crushed tomatoes in tomato puree
3 tsp. or cubes reduced-sodium vegetable or chicken bouillon
1 tsp. parsley flakes
2 tsp. leaf thyme
1 can (16 oz.) tomatoes without added salt
1/2 cup evaporated skim milk

Heat large saucepan or Dutch oven over medium-high heat to 30 to 60 seconds. Reduce heat to medium-low. Add 1/2 cup oil around pan to coat pan bottom evenly. Add scallion. Cook 8 to 10 minutes until tender. Add garlic. Cook 1 minute.

In blender or food processor, puree pimento with 1 cup water. Add to scallion with 2 cups water, crushed tomatoes, bouillon, basil, parsley and thyme.

Drain juice from canned tomatoes into pan. Coarsely chop tomatoes and add to pan. Cook 10 to 15 minutes.

Add evaporated milk. Cook a few minutes until heated through. Do not let mixture boil or milk curdle. Makes 8 servings, 3 g fat and 135 calories each.

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Today's Food

Warm sauce gives meat double whammy

A big complaint about low-fat eating is loss of flavor, particularly when fat is reduced significantly. Low-fat fruit sauces for meats give double dividends. They add flavor while boosting vitamins and minerals. Plain cooked poultry or fish can be enhanced greatly by a fruit sauce. Cuisines from around the world provide inspiration for them.

Apple-horseradish sauce starts with a pound of cooked, pureed apples. Season with a tablespoon of grated horseradish, a tablespoon sugar and a few drops of lemon juice to taste. It is an easy-to-enjoy partner for lean veal.

pork, fish or beef. Cherry sauce for broiled fish can be prepared by cooking pitted cherries in a little water. Drain off any extra water and return cherries to the same saute pan with 1 tablespoon butter or margarine, 2 whole cloves, a dash each of cinnamon and sugar, 1/4 cup red wine and salt and pepper to taste. Add 1/2 teaspoon cornstarch mixed with a little water to a smooth paste. Bring to boil and simmer until thickened before serving over any seafood.

Cumberland Sauce is a very old, traditional English sauce served with cold meat. In a blender, combine 1 cup currant jelly, 1 small

onion, chopped; grated rind and juice of both 1 lemon and 1 orange; 1 teaspoon dry mustard; 1/4 teaspoon ground ginger; 1 cup port wine, and pinch of salt. Process until mixture is smooth. In a separate cook and stir the sauce until it boils, then reduce heat to very low and gently simmer 5 minutes. Let it cool before chilling.

Plum-Sauced Pork makes a quick meal of lean pork loin chops extra special. For a quick, delicious meal, serve it with a favorite steamed vegetable, plus rice or a baked potato. Pour the sauce over the rice or potato, too, for delicious flavor without adding fat.

To order a free brochure

featuring the "Facts About Fat," send a stamped, self-addressed envelope to: American Institute for Cancer Research, Department FA, Washington, D.C. 20009. Registered dietitian Melanie Poti is director of nutrition education for the AICR in Washington.

PLUM-SAUCE PORK

1 lb. boneless loin pork chops, about 1/2 inch thick
1/4 cup chopped onion
1/2 cup plum jelly or preserves (low-sugar preferred)
1/4 cup red wine vinegar

2 tsp. soy sauce (reduced-sodium preferred)
1 tsp. ground ginger
1 cup or small dish, cover onions with cold water. Remove fat from around pork chops. Heat large nonstick skillet over medium-high heat 30 to 60 seconds. Reduce heat to medium. Cook pork chops about 1 minute per side.

Drain water from onion. Add onions, vinegar, soy sauce and ginger to meat. Stir to blend well.

Spoon some sauce on top of each pork chop. Simmer, covered, over low heat 8 to 10 minutes.

Serve as soon as thoroughly cooked, when juices run clear.

Recipe

RED HOT TUNA MELT

1 can (about 7 oz.) tuna, drained, flaked
1/4 cup finely chopped celery
2 tbsp. mayonnaise
1 English muffin, split
1/4 cup mild pepper rings
1/4 cup (1 oz.) shredded Monterey Jack cheese with jalapeno pepper
Polish dill spears

In small bowl, combine tuna, celery and mayonnaise. Mix well. Spoon mixture onto muffin halves. Top with pepper rings and cheese.

On broiler pan or baking sheet, arrange muffins. Broil 5 inches from heat 4 minutes or until cheese melts.

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Today's Food

Sweeter grapefruit gives salads new perspective

Thanks to new, sweeter varieties, grapefruit — a long-time breakfast standby — is becoming popular as a key ingredient in salads, dressing and even an accent to some dishes.

Florida citrus researchers have produced new hybrids of grapefruit that are sweeter and juicier. Pink grapefruit is much sweeter than those produced as recently as 10 years ago. The sweeter taste broadens grapefruit's culinary uses. Experiment at home with the "new" grapefruit.

A fresh idea is a fruit salad using segmented grapefruit, kiwi, strawberries and cantaloupe topped by a raspberry or strawberry vinaigrette dressing. The combination of grapefruit and vinaigrette produces distinctive zest and flavor. To vary the dressing, use grapefruit and orange juice in place of vinegar.

A lunch salad is another arena for grapefruit. Add it to greens, cheese, turkey, ham, tomatoes and cucumbers. A creamy cucumber dressing blends the ingredients to make a main dish salad worthy of guests or favorite family.

For details and specific recipes using grapefruit and other citrus products, write to: Citrus Fruit Recipes, Florida Citrus Growers, P.O. Box 148, Lakeland, Fla. 33802.

REFRESHING FRUIT SALAD

Raspberry Vinaigrette
3 medium white or red grapefruit, peeled, segmented
2 kiwifruit, sliced in half lengthwise, then sliced crosswise
2 cups strawberries, halved
2 cups cantaloupe balls

Prepare Raspberry Vinaigrette, cover, refrigerate. In large bowl, combine grapefruit, kiwifruit, strawberries and cantaloupe. Mix gently.

Serve with vinaigrette. Raspberry Vinaigrette: In blender, process 1 cup fresh (thawed) raspberries and 1/4 cup red wine or raspberry vinegar until pureed. Sieve mixture to remove seeds.

Discard seeds. In small bowl, combine raspberry mixture with 2 tablespoons medium white grapefruit, peeled, segmented

1/2 cherry tomatoes, halved

1 medium cucumber, thinly sliced

NEW AGE CHEF SALAD

Creamy Cucumber Dressing
8 cups torn salad greens (romaine, green leaf, butter lettuce)
2 oz. reduced Monterey Jack cheese, cut julienne
2 oz. reduced cheddar cheese, cut julienne
8 oz. oven-baked ham, cut julienne
4 oz. deli lean baked ham, cut julienne
3 medium white grapefruit, peeled, segmented
1/2 cherry tomatoes, halved

1 medium cucumber, thinly sliced

In 4 individual salad bowls, evenly divide and arrange greens, ham, turkey, cheeses, grapefruit, tomatoes and cucumber.

Serve about 2 tablespoons dressing over each serving.

Creamy Cucumber Dressing: In small bowl, combine 1/2 cup reduced-fat mayonnaise, 1/2 cup finely chopped cucumber, 2 green onions (chopped), 3 tablespoons milk, 1 tablespoon chopped fresh dill or 1 teaspoon dried dillweed, and 1/4 teaspoon garlic salt.

Makes 4 servings; 336 calories, 2 g protein, 27 g carbohydrate, 5 g fat, no cholesterol, 7 mg sodium and 542 mg potassium each.

**

BREAKFAST ON MOCHA CEREAL

Pour 1 cup puffed wheat or puffed rice cereal into bowl.

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LEE'S Famous Recipe Chicken



A refreshing fruit salad of strawberries, kiwifruit, grapefruit and melon is tangy, yet mellow, with a fruity raspberry vinaigrette.

Recipe

ORANGE-COCONUT FILLING

1/2 cups cold milk
1 envelope whipped topping mix
1 pkg. (4 servings) vanilla instant pudding mix
1 cup flaked coconut
1 tsp. grated orange rind

Pour milk into deep narrow-bottom mixer bowl. Add whipped topping mix and pudding mix. Using electric mixer, beat slowly until well blended.

Gradually increase beating speed and beat 4 to 6 minutes until mixture forms soft peaks. Fold in coconut and orange rind.

Use between cake layers.



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Local school band attends festival

Members of the Granite City Grade School Band attended the Elementary and Junior High Madison County Band Festival held at East Alton Middle School on Feb. 18. Students were picked for two honor bands, one at the elementary level and one at the junior high level, by the recommendation of their directors. Students spent the day in rehearsals and performed a concert in the evening.

The students that represented Granite City at the elementary level were Kristen Orsborn and Elizabeth Nelson, flutes; Ron Wilkerson, tuba; Latoya Worthen, Linda Roberts and Kristi Sarich, clarinets; Amber Blattner and Robin Hartman, bass clarinets; Sarah Lancaster, alto saxophone; Brandon Rollins, tenor saxophone; Darren Young, Sarah Dettwiler and Ryan Herman, cornets; Lauren Coppedge and Ashley Connolly, French horn; Steve Geroff, Jared Arnold, trombones; Jonathan Vorce, baritone; Adam Stevens, tuba; and Denise Mueller, percussion.

These students are under the direction of Mary Ann Davis.



Granite City Grade School Band members attending the Elementary and Junior High Madison County Band Festival were, from left, front row, Linda Roberts, Elizabeth Nelson, Denise Mueller and Sarah Lancaster; middle row, Adam Stevens, Amber Blattner, Lauren Coppedge, Brandon Rollins, Kristen Orsborn and Ryan Herman; and back row, Kristi Sarich, Jonathan Vorce, Ron Wilkerson, Steve Geroff, Jared Arnold, Darren Young and Robin Hartman. Not pictured were Latoya Worthen, Ashley Connolly and Sarah Dettwiler.

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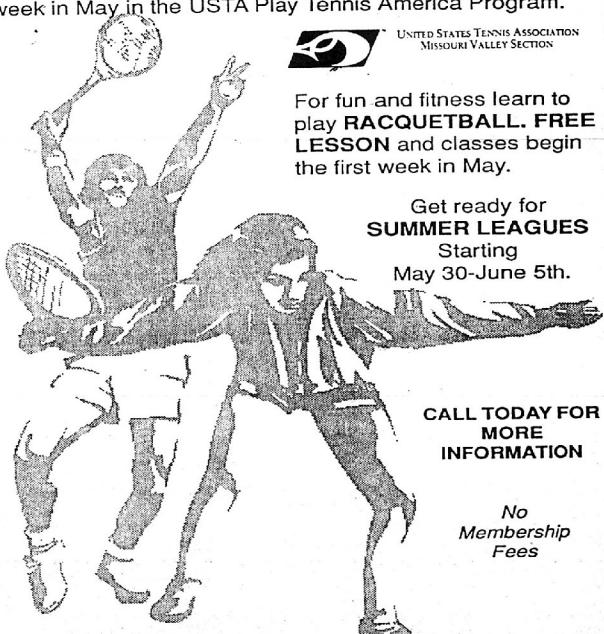
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Eagles, Aux. members attend conference

Joanna Spencer and Ruth Jorgensen of the Granite City Eagles 1126 Auxiliary and Karen Spangler, Craig Nyers and Chris Von Nida of the Eagles Aerie 1126 attended the joint Central Zone conference in Quincy on March 11 and 12.

The board members and state president Diana Garrison, grand central region president; Oleana Garwood, past state president; Beverly McNeil, past state president Shirley Curry, state secretary Lorraine Clancy, grand central division president Stephen McNeil, and grand auxiliary madam president Iris McDermott.

Garwood opened the meeting with a poem on leadership. Smith spoke on those who drop out and those who re-enroll. McDermott was the guest speaker.

There were 85 ladies present; two from Granite City, Sharon Deheive, regional president and cancer

chairman, thanked all the members for their work for cancer research.

Rita Cuoco, state project chairwoman of the heart research committee, and state president Georgie Zolot, grand aerie president elect, was the guest aerie speaker.

A banquet followed the meeting. Awards were given.

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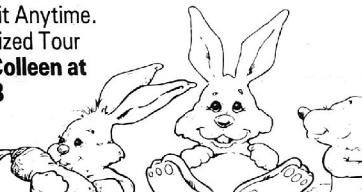
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Omicron Master Chapter of Beta Sigma Phi meets

The March meetings of the Omicron Master Chapter of Beta Sigma Phi were held in the homes of Pat Tsiglaroff and Joyce Alexander.

Videos were shown at both meetings; at the first by Lora Mae Lombardi on Ireland and at the second by Arlene Forrest on Scotland. The prizes for the month were won by Dolores Dorch and Alice Konieczny.

The chapter enjoyed a St. Patrick's Day lunch on the Alton Belle Casino the March social.

Officers were elected for the 1995-96 year. Elected were Joyce Alexander, president; Pat Tsiglaroff, vice president; Lora Mae Lombardi, recording secretary; Dolores Dorch, corresponding secretary; Alice Konieczny, treasurer; and Ruth Stoyanoff, extension officer.

Other members of the chapter are Bea Brackett, Juanita Calve, Evelyn Toller and Arlene Halde-

man.

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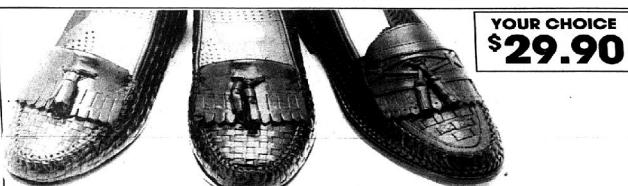
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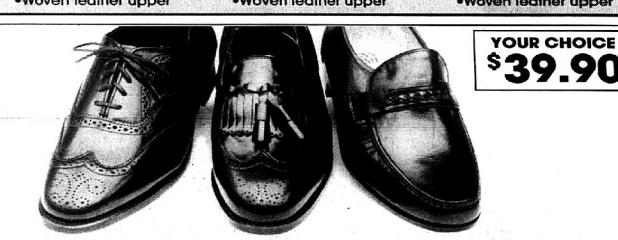
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**Full Refund of any Purchase made
today if it rains on Easter Sunday.**

Any individual who purchases any items between now thru April 9th at Kloss Furniture and Carpets is entitled to a 100% cash refund (excluding sales tax) if it rains 1" or more at SIU's Official Weather Reporting Station during the hours of 9 a.m. to 6 p.m. on Sunday, April 16. Prior purchases and sales tax are not eligible for a refund.



**Any furniture and carpet you buy at
KLOSS FURNITURE AND CARPETS
between now and April 9th is absolutely
FREE
if it rains one inch or more on
Sunday, April 16th**

**- PLUS-
if it does not rain, you won't have to
pay for it until October.**

A SUPER DEAL ON FURNITURE!

Below are just a few of the examples of name brands we carry.

FURNITURE

- Thomasville • Bernhardt • Broyhill • Hooker • Jasper Cabinet • Lane Action • Chromecraft
• Athens • Pulaski • Lexington • Peters-Revington • Riverside • Bob Timberlake
• Nichols & Stone • Mobel • Smith Brothers • Simmons • Stanley • Virginia House

FLOORCOVERING

- Ceramic • Hardwood • Armstrong • Congoleum • Bruce • Shawmark • Aladdin • Diamond
• Queen • Columbus • Horizon • Mohawk • Lees • Abbey • Sutton • Carpenter • Cabin Craft
• Sunrise • Downs

Hours:
Mon.-Thurs. 9:55
Fri. 9:58- Sat. 9:55
Sun. 12-4

**KLOSS FURNITURE
AND CARPETS**

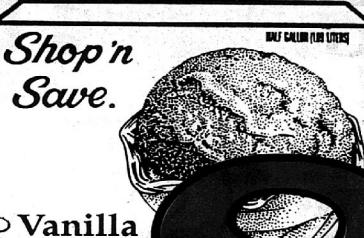
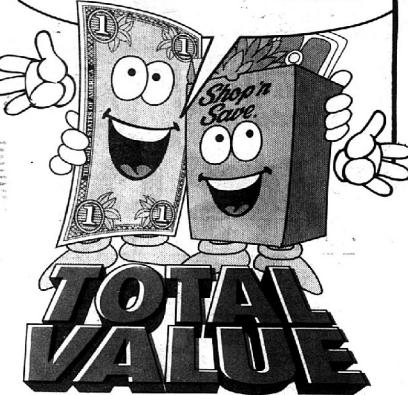
Hours:
Mon.-Thurs. 9:55
Fri. 9:58- Sat. 9:55
Sun. 12-4

1100 Mercantile Drive, Highland, Illinois - On Highway 40 between 143 & 160
1-800-369-3216 (toll-free) or 654-8634

Stretch Your Dollar!

With Total Value From Shop'n Save.

Great Selection
and Lower Prices!



ASSORTED VARIETIES
Shop'n Save
Ice Cream

88¢

HALF
GALLON
LIMIT 3

REGULAR OR HEALTHY REQUEST
**Campbell's Chicken
Noodle Soup**

2/99¢
10.75
OZ.

ASSORTED VARIETIES
**Duncan Hines
Cake Mix**

77¢
18 TO 19
OZ. PKG.

DUNCAN HINES CANNED FROSTING 16-OZ. \$1.19

ASSORTED VARIETIES
**Crisco
Oil**

2 19
48-OZ.
BTL.

ASSORTED VARIETIES
**Jif
Peanut Butter**

1 99
18-OZ.
JAR

ASSORTED VARIETIES
**Ocean Spray
Juice**

2/\$5
64
OUNCE

VIENNA FINGERS OR
Sunshine
Hydrox Cookies

1 99
20-OZ.
PKG.

EVERYDAY LOW PRICE
**Sunshine Cheez Its
or Hi-Ho Crackers** ...

1 99
16-OZ.
PKG.



•BONUS•
RED TAG VALUE!

Tylenol Extra Strength
Gel Tabs or Gel Caps
Our Low Sale Price \$3.99

149

100-Ct.
WITH PURCHASE
REBATE IN-STORE
LIMIT 2 WHILE SUPPLIES LAST. REBATE LIMITS APPLY

**Kellogg's
Froot Loops**

189
11-OZ. PKG.

REGULAR, LIGHT OR FREE
**Kraft
Mayonnaise**

2/\$3
32-OZ.
JAR

KRAFT
VELVEETA SHELLS OR
Deluxe Macaroni
& Cheese

2/\$3
9-14
OUNCE

EVERYDAY LOW PRICE
**Creamette
Assorted Pasta**

67¢
16
OZ.

SHOP'N SAVE
**Split Top
Wheat Bread**

79¢
20
OZ.

PRE-PRICED \$2.99
**Kas Assorted
Potato Chips**

3/\$5
14-OZ.
BAG

ASSORTED VARIETIES
**Gladlock Storage
or Freezer Bags**...

2/\$3
15 TO
30-CT.

WHILE QUANTITIES LAST
**HYPONEX OR VITA HUME
Top Soil or
Organic Peat Moss** ...

99¢
40-LB.
BAG

24-CAN CASE
**Coke Classic,
Diet Coke or Spite**

488
12-OUNCE CANS
LIMIT 6 COKE
OVER LIMIT \$5.99

BEAUTIFUL ENLARGEMENTS RIGHT FROM
YOUR CAMERA TO YOUR WALL

Entire 24-Exp. Roll
5x7 Power Prints

699
35-MM ONLY, ORIGINAL ROLL
COLOR PRINT PROCESSING

Mon-Thurs. 9:5
Fri. 9:8 Sat. 9:5
Sun. 12-4
13 & 160
634

99¢
40-LB.
BAG

Shop'n Save
The more you shop
the more you save. SM

03291A

You Save Every

Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

OUR LOW PRICE \$12.99 Jim Beam Kentucky Bourbon AFTER \$3.00 MAIL-IN REBATE	999 1.75-LITER
PRE-MIXED T.G.I. Friday's Cocktails	949 1.75-LITER
ASSORTED VARIETIES Gallo Reserve Wine	499 1.5-LITER
OUR LOW PRICE \$4.49 Popov Vodka	299 750-ML AFTER \$1.50 MAIL-IN REBATE
E & J Brandy	679 750-ML
AMBER OR SILVER Bacardi Rum	1399 1.75-LITER

ASSORTED Seagram's Wine Coolers ..	2/\$5 4 PACK
Lowenbrau Beer	599 12-PACK 12-OZ. N/R
GENUINE DRAFT, GENUINE DRAFT LIGHT OR Miller Lite or Lite Ice	619 12-PACK 12-OZ. N/R
Jack Daniels Black Label	1099 750-ML
REGULAR OR LIGHT Milwaukee's Best Beer	199 6-PACK 12-OZ. CANS
REGULAR OR LIGHT Old Milwaukee Beer	759 24-PACK 12-OZ. CANS

Please Drink Responsibly.
Don't Drink and Drive.

Health & Beauty Care Center Red Tag Values

Suave Shampoo or Conditioner	
89¢	15-OZ. BTL.
SAVE 38¢ 3 M Active Strips	239
FREE AFTER MAIL-IN REBATE IN-STORE	PACKAGE
4-OZ. AEROSOL OR 1.75-OZ. SOLID Suave Anti-Perspirant or Deodorant	149
EACH	
SAVE 90¢ Tylenol Extended Relief Caplets	249
FREE AFTER \$2.50 MAIL-IN REBATE IN-STORE	24-CT. PKG.

LIMIT 2 WHILE SUPPLIES LAST OUR LOW SALE PRICE \$2.99 Accutrim 20-Ct. Diet Tablets	Free
FREE AFTER \$3.00 MAIL-IN REBATE IN-STORE 03292C	

Advil Caplets or Tablets	
297	24-CT. PKG.
FREE WITH \$1.00 COUPON AND \$2.00 MAIL-IN REBATE IN-STORE	

SAVE 68¢ Tylenol PM Caplets	549
\$2.99 AFTER \$2.50 MAIL-IN REBATE IN-STORE	50-COUNT PACKAGE
SAVE 50¢ ASSORTED VARIETIES Jergens Lotion	249
10-OUNCE BOTTLE	
SAVE 18¢ ASSORTED VARIETIES Colgate Toothpaste	147
4.6-OUNCE PACKAGE	

Look For More Great
Values In-Store

Freezer & Dairy Red Tags

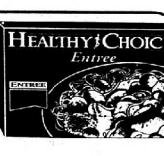
ASSORTED VARIETIES Red Baron 12-Inch Pizza	
2/598	22 TO 24.75 OZ. PKG.

FAMILY PACK Assorted Eggo Waffles ..	2/\$4
16.5-17 OZ. PKG.	

SELECTED VARIETIES Tropicana Orange Juice ..	2/\$4
64-OZ. CARTON	

ASSORTED VARIETIES Nestle Cookie Dough ..	2/\$5
18-OZ. PKG.	

	Don't Forget to set your clock forward Saturday night.
	Daylight Savings Time starts Sunday, April 2nd.

ASSORTED VARIETIES Healthy Choice Entrees	
3/\$5	8 TO 10-OZ.

ASSORTED VARIETIES Dannon Yogurt Crunchies	3/\$2
8 OZ.	

Kraft American Singles	2/\$5
16-OZ. PKG.	

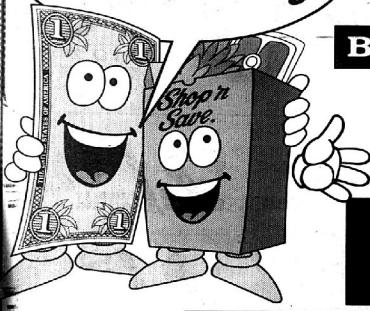
1-LB. PKG. Imperial Quarters	2/79¢
GALLON	

Day at Shop 'n Save

SAVE UP \$27.80

On These Identical Items at Shop 'n Save!

Compare
For Yourself!



BUY ALL THE ITEMS IN THE LIST BELOW AND PAY:

\$85.67
AT
SHOP 'N SAVE

\$113.47
AT DIERBERGS
SAVE *27.80
AT SHOP 'N SAVE

\$112.44
AT SCHNUCKS
SAVE *26.77
AT SHOP 'N SAVE

\$112.80
AT NATIONAL
SAVE *27.13
AT SHOP 'N SAVE

THESE ARE SHOP 'N SAVE'S
Everyday Low Prices!

ALL FOUR TOTALS ABOVE
DO NOT INCLUDE SALES TAX

GROCERY

	Shop 'n Save	DIERBERGS	SCHNUCKS	NATIONAL
BUGLES ORIGINAL				
Corn Snacks.....8 oz.	.99	1.89	1.89	1.89
POP-SECRET VALUE PACK				
Microwave Popcorn.....21 oz.	3.02	3.99	3.99	3.99
CAMPBELL'S CREAM OF CHICKEN				
Soup.....10.75 oz.	.69	.99	.99	.99
FRANCO-AMERICAN				
Spaghetti O's.....15 oz.	.59	.79	.79	.89
SUNSWEEP				
Prune Juice.....32 oz.	.99	1.69	1.69	1.69
OLD EL PASO				
Refried Beans.....16 oz.	.79	1.09	1.09	1.09
EQUAL NUTRASWEET				
Sweetener.....200 ct.	5.99	6.99	6.99	6.99
FOLGER'S				
Coffee.....39 oz.	8.99	10.59	10.59	10.59
HEIFETZ BREAD & BUTTER				
Pickle Slices.....32 oz.	1.99	2.99	2.99	2.99
A-1				
Steak Sauce.....10 oz.	2.99	3.99	3.99	3.99
KRAFT				
Barbeque Sauce.....18 oz.	.99	1.49	1.49	1.49
GENERAL MILLS				
Wheaties.....12 oz.	1.99	2.79	2.79	2.79
POST				
Toasties.....18 oz.	1.97	2.79	2.79	2.79
JIFFY				
Baking Mix.....40 oz.	.99	1.39	1.39	1.39
MORTON REGULAR OR IODIZED				
Salt.....26 oz.	.25	.39	.41	.41
ULTRA SURF 42-USE				
Laundry Detergent.....98 oz.	4.97	7.99	7.99	7.99
S.O.S				
Steel Wool Pads.....4 ct.	.49	.69	.69	.69
COMET				
Cleanser.....14 oz.	.29	.59	.59	.59
CLOROX				
Bleach.....64 oz.	.93	1.29	1.29	1.29
BOUNTY BIG ROLL				
Paper Towels.....1 roll	.99	1.59	1.59	1.39
NORTHERN				
Bath Tissue.....12 roll	2.99	3.99	3.69	3.99
PET				
Evaporated Milk.....12 oz.	.49	.79	.79	.79
DR PEPPER				
12- Pack Soda.....12 oz.	3.69	4.49	4.49	4.49

MEAT/PRODUCE

	Shop 'n Save	DIERBERGS	SCHNUCKS	NATIONAL
HORMEL				
Microwave Bacon.....12 oz.	3.29	3.99	3.99	3.89
OSCAR MAYER				
Sliced Bacon.....1 lb.	2.99	3.69	3.69	3.69
HUNTER				
All Meat Wieners.....12 oz.	.79	1.29	1.29	1.29
FARMLAND				
Select Pork Sausage.....1 lb.	1.79	2.49	2.89	2.89
GOLDEN RIPE				
Bananas.....per lb.	.58	.69	.69	.69
GARDEN FRESH				
Cucumbers.....each	.49	.59	.59	.69
RED				
Grapes.....per lb.	1.28	1.99	1.48	1.49
GREEN				
Onions.....Bunch	.33	.59	.69	.50
FRESH				
Strawberries.....per lb.	1.18	1.99	1.49	1.49

DAIRY/FROZEN FOOD

	Shop 'n Save	DIERBERGS	SCHNUCKS	NATIONAL
CHEEZ WHIZ LIGHT				
Cheese Spread.....16 oz.	3.01	3.59	3.59	3.59
I CAN'T BELIEVE IT'S NOT BUTTER				
Quarters.....1 lb.	.99	1.49	1.39	1.49
MINUTE MAID				
Frozen Lemonade.....12 oz.	1.10	1.39	1.39	1.39
EGGO				
Blueberry Waffles.....11 oz.	1.50	1.99	1.99	1.99
LENDER'S				
Bagels.....6 ct.	.99	1.29	1.29	1.29
PATIO				
Burritos.....5 oz.	.34	.59	.45	.45
JENO'S				
Pizza Rolls By Totinos 20 oz.	2.99	3.99	3.99	3.99
MRS. SMITH'S				
Lemon Meringue Pie.....24 oz.	3.99	4.59	4.59	4.83
EDY'S				
Ice Cream.....Half Gallon	4.09	4.69	4.69	4.69
TOMBSTONE SPECIAL ORDER				
Pizza.....26.45 oz.	4.89	5.89	5.89	5.89
KRAFT FREE PHILLY				
Cream Cheese.....8 oz.	1.00	1.39	1.39	1.39

These items were purchased on March 27, 1995 at National at 4432 Lemay Ferry at 9:38 a.m., at Schnucks at 11945 Manchester Rd., at 10:21 a.m., and at Dierbergs at Olive & Ross Rd. at 10:10 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

Save Money!

With Total Value!

USDA CHOICE BEEF
Boneless Chuck Roast

SOLD AS
ROAST
ONLY

129

lb.

LIMIT 3 PKGS. WITH \$10.00
ADDITIONAL PURCHASE



FAMILY PAK, 4-LBS. OR MORE

Fresh Lean
Ground Chuck

139

lb.

FAMILY PAK, USDA CHOICE BEEF

Boneless
Charcoal Steak

179

lb.

TENDERBIRD, FROZEN
Skinless, Boneless
Chicken Breast

679

3-POUND
BAG

FAMILY PAK
Lean Boneless
Beef Stew Meat

189

lb.

CHOPPED HAM OR
Oscar Mayer
Ham & Cheese.....

2/3 79

1-POUND
PACKAGE

Hickory Ridge
Sliced Bacon.....

129

1-POUND
PACKAGE

Oscar Mayer
Lunchables

99¢

4.5-
OZ.

TYSON BONELESS
Chicken Chunks
or Patties

2/\$5

10.5-OZ.
PKG.

ALL VARIETIES
Budding Wafer Thin
Sliced Meat.....

39¢

3-
LB.
OZ.

PORTIONS OR
Fisher Boy
Fish Sticks

2/\$5

2-
LB.
PKG.

5 A Day
Fruits and Vegetables

For Better
Health!



Deli/Bakery/Seafood Shop

98% FAT FREE
Jennie-O
Turkey Breast

299

lb.

Lorraine
Swiss Cheese

399

lb.

U.S. No. 1
Russet Potatoes

238

15-lb. Bag

All Varieties
Fresh Bagels

129

5-COUNT
PACKAGE

Farm Fresh
Catfish Nuggets

159

lb.

FRESH DAILY
Twin
French Bread

99¢

16-OZ.
PKG.

Boneless
Whiting Fillets

199

lb.

113-CT.
California
Navel Oranges

8/98¢

Northwest
Anjou Pears

78¢

lb.

S	M	T	W	T	F	S
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PRICES GUARANTEED THRU APRIL 1, 1995
AT THE ST. LOUIS METRO STORES ONLY
WE RESERVE THE RIGHT TO LIMIT
NO SALES TO DEALERS
BAKERY/DELI/SEAFOOD NOT AVAILABLE
AT ALL LOCATIONS

Shop 'n Save

The more you shop,
the more you save. SM

03294A

For Store Locations
Call (314)984-0900

CLASSIFIEDS

877-7700

toll free
1-800-766-FAST (3278)

HOURS: MONDAY THRU FRIDAY 8:00 A.M.-5:00 P.M.-CLOSED SATURDAY AND SUNDAY

32 MISC AUTOS



88 Cadillac Eldorado Biarritz
This car was driven by
older Gentleman
\$9,995
Jack Schmitz
Chevrolet/GEO
123 Tadika, Collinsville 60634



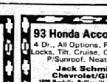
Corsica's 94's
5-Door, 4 Cyl, V-6, Auto, Loaded



Pontiac 94 Grand Am, (2) 92 Grand
Dirt Cheap Prices NOW
Chevrolet/GEO
123 Tadika, Collinsville 60634



'91 Cut This
91-92 Mitsubishi
Starting at \$18,995
Jack Schmitz
Chevrolet/GEO
123 Tadika, Collinsville 60634



93 Honda Accord EX
4 Dr. All Options, P/W/P, Locks, Tilt, Cruise, Cassette
Jack Schmitz
Chevrolet/GEO
123 Tadika, Collinsville 60634



92 Buick Skylark, 4
Cyl, 5-speed, 100,000 miles, runs great
\$1500. 967-0128



91 Chevrolet Camaro
For SALE
Jim Butler Chevrolet
123 Tadika, Collinsville 60634



90 Cavalier RS- St. Wm.
Only 100,000 miles, runs great
\$1000. 967-0361



90 Cavalier RS- St. Wm.
Only 100,000 miles, runs great
\$1000. 967-0361



90 Ford Aerostar
4 Cyl, 5-speed, 100,000 miles, runs great
\$1000. 967-0361



90 Chevrolet Cavalier
For Sale
Jim Butler Chevrolet
123 Tadika, Collinsville 60634

Truck Sale

WE'VE GOT TRUCKS, TRUCKS...



93 GMC Sierra 1500
4 Cyl, 5-speed, Lowered, Ground effects,
American Racing Deep Dish Tires, 4x4, 400 miles
Rear Window Sunroof, 39,xxx miles, Red with Int., Very Sharp

93 Toyota Xtra Cab 4 Cyl, 5-speed, AM FM Cass, Sliding Rear Window, Fog & Tinted Windshield

93 Nissan King Cab 4x4, less than 100 miles on replaced 4 cyl, 5-speed, AM FM Cass, Sliding Rear Window, Easy Entry Tailer Hitch, Good Tires, New Exhaust, Sink #4492

93 Ford Ram Chassis Cab 1500 SE 4x4 V8, Auto, A/C, 2 tone Blue, Tinted Windshield, Tinted Windows, Tinted Doors, Sink #4493

93 Ford Ranger Sport 4 cyl, 5-speed, A/C, Blue, Tinted Windshield, AM FM Cass, Red with gray ground effects, Looks great - runs & drives excellent

93 Dodge Dakota "MOPAR EXPRESS" 4 cyl, 5-speed, A/C, PS, PW, AM FM Stereo, Sliding Rear Window, Black with Tan interior, Very clean truck, Runs great

93 Suzuki Samurai 4x4, 4 cyl, 5-speed, AM FM Cass, Delay engaged, sport wheels, Black wraparound stripes, Sharp Truck, Drives great, Sink #4770

93 GMC 1500 V8, Auto, 14 ft. Alum. Frame Box, Dual Rear Wheels, cab box pass through door, great work truck, Sink #507

AND MORE TRUCKS!

ATTENTION CAMPERS, HUNTERS, FISHERMEN - 75 International

Scout 4x4 V8 4-ton, Automatic, 400 small block, V8, Cab lights, Runs great, Must see, Sink #5058

84 Chevy C-20, TRAILER SPECIAL, 4x4, 400 small block, V8, Cab lights, Sliding Rear Windows, Fog & Tinted Windshield

85 Nissan Xtra Cab 4x4, less than 100 miles on replaced 4 cyl, 5-speed, AM FM Cass, Sliding Rear Window, Good Tires, New Exhaust, Sink #4492

85 Ford F-150 VLT V8, 5-speed, tilt, cruise, A/C, Power Windows & Locks, 100,000 miles, 2 tone blue over white, Sliding Rear Window, Very Clean Truck, Sink #5056

CREDIT PROBLEMS? No Credit? Slow Credit? Divorce?
Repossession? First - Time Buyer?

EVERYONE QUALIFIES
REGARDLESS OF PAST CREDIT HISTORY

INSTA-CREDIT
OVER 350 Vans,
Cars, Trucks, &
4x4's In Stock
346-8890
AUTO MART

Collinsville

910 N. Bluff Road (Il. Rt. 157)

1/2 Mile North of 157/70 Across from Dave Croft Dodge
(618) 346-8890 Out-of-town call Collect

Limited Time Offer
\$1000 Cash Back

ON ALL NEW 95 MINIVANS
FRONT OR REAR WHEEL DRIVE

30
in stock

1995 Windstar Wgn.

1995 FORD	92 SUNBURST GT	92 TEMPO	93 MUSTANG LX	93 EXPOR LX	93 GRAND PRIX SE
P. D. M. Auto. & A.M.T. 2.0L \$6,990	90,000 miles \$7,290	90,000 miles \$7,290	90,000 miles \$7,990	90,000 miles \$8,990	90,000 miles \$10,490
1995 FORD	'91 T-BIRD	'91 SUNBURST CONV.	'91 SUNBURST CONV.	'91 GRAND PRIX SE	'91 GRAND PRIX SE
90,000 miles \$8,990	90,000 miles \$8,990	90,000 miles \$8,990	90,000 miles \$9,990	90,000 miles \$9,995	90,000 miles \$13,990
1995 FORD	'93 RANGER XL	'93 AEROSTAR XL	'93 AEROSTAR XL	'92 EXPLORER XLT	'92 EXPLORER XLT
90,000 miles \$10,890	90,000 miles \$13,590	90,000 miles \$13,590	90,000 miles \$13,990	90,000 miles \$17,390	90,000 miles \$17,390

Special Purchase Factory Program Cars

Low Mileage Units

1994 Tempo \$10,790
GL 4 Door

- Auto Transaxle
- Air Cond., T. Glass
- Power Windows

**SAVE
THOUSANDS!**

Balance of factory Warranty to 3 years or 36000 miles
ALL PRICES EXCLUDE TAX, TITLE, LICENSE AND DOC. FEE.

\$13,990
1994 Taurus
GL 4 Door

- Power Seats
- Stereo Cassette
- Power Steering
- Power Brakes
- Rear Defrost
- Speed Control

KOETTING
CAR & TRUCK
RENTALS

PARTS AND SERVICE DEPARTMENT

OPEN MONDAY THRU FRIDAY 7:00 A.M. TO 6:00 P.M.
Two Miles
ILLINOIS RTE. 3 AT
PONTOON RD.
GRANVILLE, IL 60034
(618) 452-5400
(314) 567-9219

"NEW PROGRAM" FOR CREDIT PROBLEM CUSTOMERS

- ★ Low Money Factors
- ★ Short Term Loans
- ★ New Or Used Vehicles

**YOU DON'T HAVE TO
DRIVE JUNK!**
Mick Hoepfinger
438-4431 or
FAX 843-5726 11700 Gravois St. Louis 63127
SUNSET FORD

Quality Yourself

Are you able to afford monthly payments of at
least \$100.00? Do you have an income of \$1200.00
or more? Do you have a minimum of 2 years on the job
or in business? Do you have a good credit history?
If you answer "Yes" to these questions, we can help you.

Please fill out the application below and mail it to:
Sunset Ford, 11700 Gravois, St. Louis, MO 63127
sec. 546, P.O. Box 1000.

Name _____

Address _____

City _____

State _____

Zip _____

Lived There _____ Years _____ Months _____

Phone # _____

How Long? _____ Years _____ Months _____

Trade or Occupation _____

Salary Wages Before Taxes _____

Name of Previous Employer _____

Address _____

How Long? _____ Years _____ Months _____

Trade or Occupation _____

Salary Wages Before Taxes _____

Name of Previous Employer _____

Address _____

How Long? _____ Years _____ Months _____

Trade or Occupation _____

Salary Wages Before Taxes _____

Name of Previous Employer _____

Address _____

How Long? _____ Years _____ Months _____

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How Long? _____ Years _____ Months _____

Trade or Occupation _____

Salary Wages Before Taxes _____

Name of Previous Employer _____

Address _____

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FAMILY

Hays competes in pageant

Heather Elaine Hays, 5, competed on Feb. 18 at the Holiday Inn in Festus, Mo., in the Gingerbread Pageant Preliminaries. Hays won overall photogenic in which she received this title competing ages 4 and 5. She was also named a crown, trophy and a banner. She won second alternate in beauty, best portfolio and best sportswear model in her age division, four to six years.

Hays will now compete at the state level in May in Bridgeton, Mo. She attends kindergarten at Holy Family School and is a member of the Glitter Girls Modeling, which is taught by Rhonda West-Nolan.

Hays is the daughter of Chris and Krisandra Hays of Granite City and the sister of Ryan Hays. Her grandparents are Fay Hamilton of Granite City, David and Cherrie Hays of Madison and the late Charles Hamilton.

Heather Elaine Hays
Pageant contestant**Births**

Ryan Burge
Paul and Betsy Burge of Edwardsville have announced the birth of their first child, a son.

Ryan Paul was born Nov. 22, 1994, at Anderson Hospital in Maryville. He weighed 7 pounds, 12 ounces.

His maternal grandparents are Joe and Ruth Barrington of Granite City. Don and Jean Burge of Edwardsville are the paternal grandparents.

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